

FOR
WOMEN OF
STYLE
AND
SUBSTANCE

MORE

DEC 2015/
JAN 2016

VOL. 18
NO. 10

OUR BEST OF THE BEST GIFT GUIDE

DELICIOUS,
EXQUISITE,
UNEXPECTED

A MILITARY WIDOW'S FIGHT FOR THE TRUTH

RACHEL WEISZ

ON CRAFTING A
MEANINGFUL LIFE
(HER SUPERSTAR
MARRIAGE
IS A BONUS)

4 SKIN-CARE SOLUTIONS YOU HAVEN'T HEARD OF

WHAT'S SAPPING YOUR ENERGY AND HOW TO FIX IT

6 HEALTH ADVANCES THAT COULD LENGTHEN YOUR LIFE

COULD YOU BE A BEAUTY ENTREPRENEUR? 7 CEOs SHARE THEIR SECRETS

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Cover photo: David Slijper. Stylist: Tina Chai; hair: Ward for Living Proof at the Wall Group; makeup: Ayami Nishimura for Lancôme at the Wall Group; manicure: Maki Sakamoto at Kate Ryan Inc. using Chanel Les Vernis; set design: Two Hawks Young; tailor: Anna Oukolova. Altuzarra dress; Nordstrom. To get Weisz's look, try Lancôme Teint Miracle Foundation, Color Design Eye Shadow Palette in 103 Golden Frenzy, Definicils Precious Cells Mascara and Color Design Lipcolor in Designer Bloom. **Above, on Weisz:** Giulietta crepe de chine gown, Barneys New York. **Page 8, left:** Crosley radio cruiser turntable with chalkboard finish (\$100; target.com).

PHOTOS, FROM LEFT: DAVID SLIJPER, PHILIPPE LACOMBE, ALEX JOHN BECK



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Cate Blanchett

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GIORGIO ARMANI



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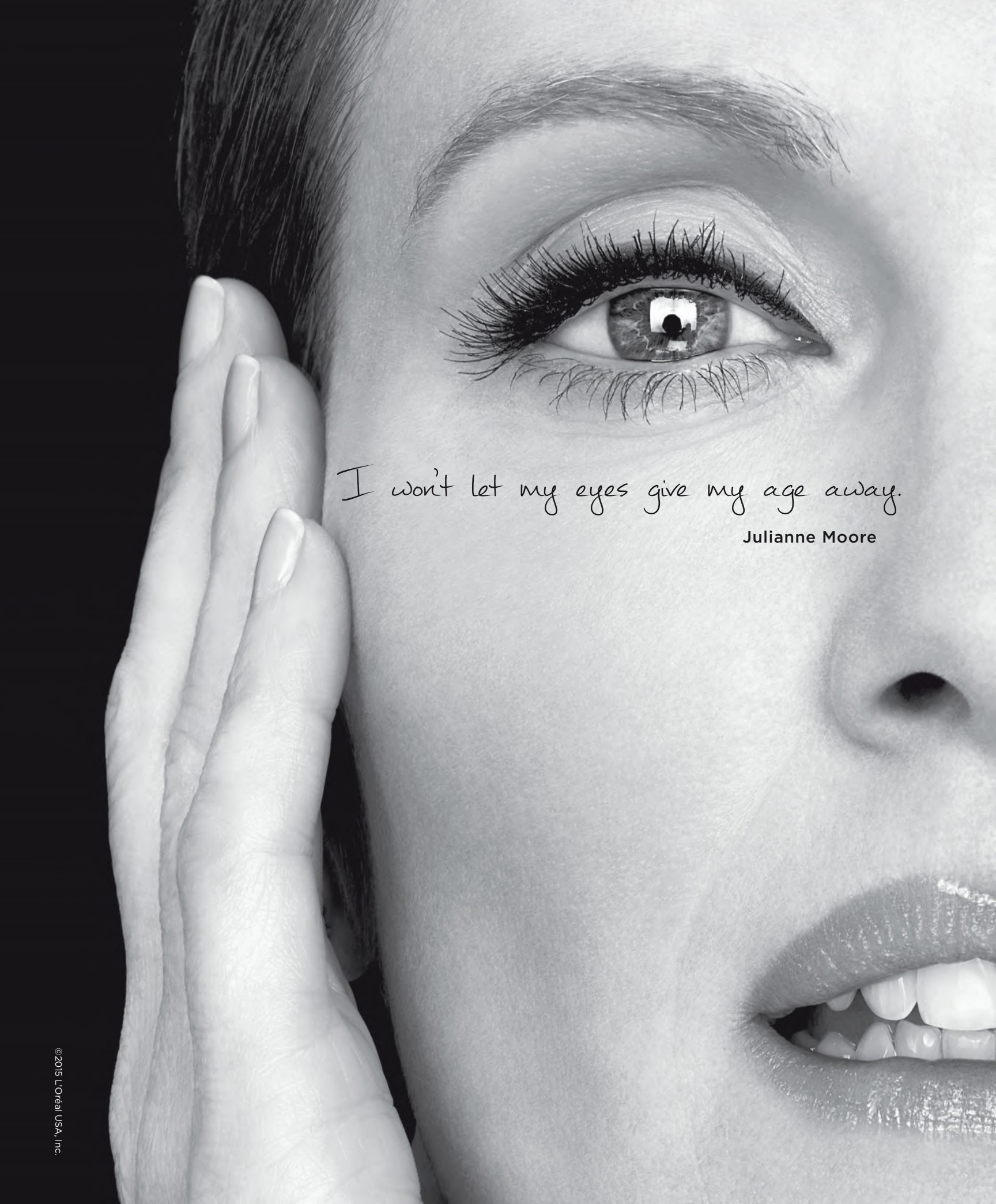
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WANT EVEN more pictures from our photo shoot with this month's cover star, actress Rachel Weisz? Check us out on Instagram, where you'll find behind-the-scenes images from our shoots with some of your favorite celebrities. You can also keep tabs on our staff members: See photo evidence of associate beauty editor Alana Peden's recent encounter with Gwyneth Paltrow, plus assistant fashion editor Alison Turka's snaps from runway shows. Lesley Jane Seymour even offers the occasional sneak peek at an upcoming story. You'll find us at [@moremag](https://www.instagram.com/moremag).

Holiday gift guide

BONUS



SETTLING ON SEVEN items worthy of your loved ones (page 19) was arduous. We sampled gourmet chocolate, drooled over elegant bags and quality-tested fine wines. In the end, the true challenge was narrowing the field—which is why we're posting the runners-up on our website. Our favorite among them: the chic Motorola smart watch above (\$350). To see them, go to more.com/bonusgifts.

Contributor

WE WOULD list all of media mogul Nely Galán's accomplishments, but we'd need a few more pages. In brief: She was the first female president of the TV network Telemundo. She founded the Adelante Movement, which teaches entrepreneurship skills to Latinas. She owns a real estate company. Next spring she'll publish (another) book, *Self-Made*. Adept at juggling multiple businesses, she shows us how to begin: Turn to page 44 for her tips on running a side business in just a few hours a week. [@Nely_Galan](https://www.instagram.com/Nely_Galan)

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LETTER FROM

THE EDITOR



Words to do business by

WHEN my friend Deborah Gillis, a *More* reader who is also president and CEO of Catalyst, asked me to speak at one of its events, I was very flattered—Catalyst is an organization I admire for its commitment to breaking down gender and race barriers in the workplace. For the event, Deb requested a list of my best business maxims, which I've expanded here to encompass my overall life philosophy. (Have great tips of your own? Post them at more.com/wisdom.)

→ **You're never too old or too young—or too anything—to have an impact on the world.** You just have to get started. At all the magazines I've edited, my mission has been the same: to find the inspiring stories of fighters, the change makers who see injustice and take it on, who speak up when others want them to be quiet, who demonstrate how the human spirit can elevate us when life conspires to bring us down. They prove that we can accomplish whatever we set out to do.

→ **Put your family first.** You can always get another job; you can't get your kids, spouse or partner back from a neglected relationship.

→ **Be a connector.** I always envied my business peers who would connect seemingly random people to make exciting things happen. Then one day I took my 10,000-person contact list and started pulling interesting subsets together for meetings that I dubbed Red Cup Salons. This is networking made

easy: Invite 30 women to bring a bottle of wine and a snack to a designated home or apartment at cocktail hour; no fancy food, just paper napkins and red plastic beer-pong cups. Prep and cleanup should take less than 10 minutes. People are always looking for contacts, help and advice; being the person who fills those needs breeds incredible joy.

→ **Never waste energy on revenge.** It may take years, but the person who is lying or cheating *will* get toppled. There is something wonderful and empowering about rising above the anger you feel—but don't think for

a minute that justice won't be served if you just walk away. Bad karma boomerangs to bite those who put it out there.

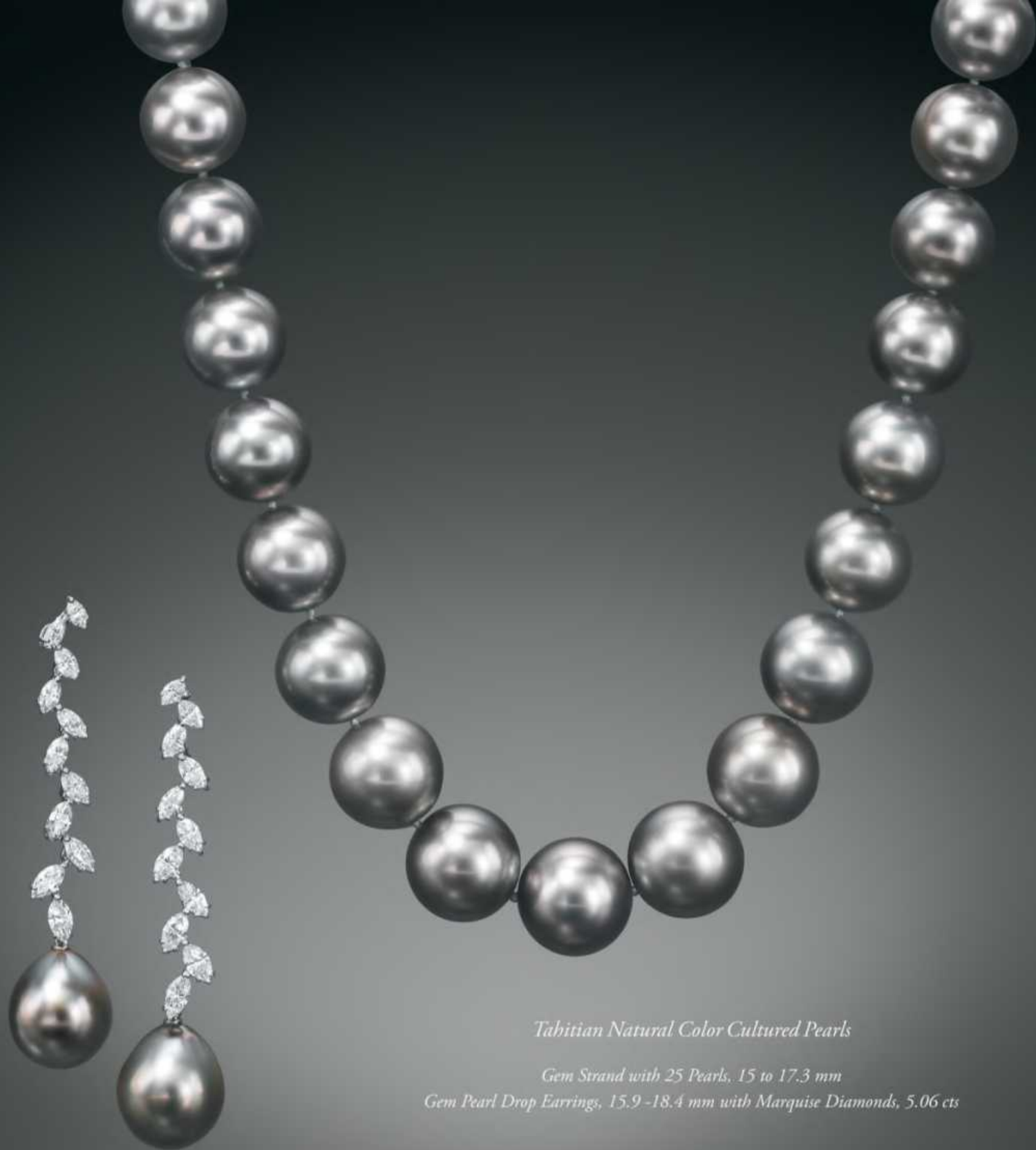
→ **No one holds failure against you; it's just part of the game.** Today's entrepreneurial world will respect you for trying. Plus, if you've never failed, it looks as if you're playing it safe rather than trying to hit one out of the park.

→ **It's hard to get to the tippy-top and still be nice—but you can get to the level just below with your integrity intact.** Some people are shocked to hear that a certain celebrity or boldface-name CEO is “not as nice as they seem.” I say, “No duh! How do you think they got so successful?” A good friend recently told me my elbows were not sharp enough for a task I was trying to achieve. What she didn't know was that I had decided long ago, while working with the über mean girls at the high-fashion magazines, to keep my elbows comfortably round. Would I like to wear Prada every day? Sure! But I don't want to become the devil in order to do it.

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YOU BE MORE'S EDITOR—AND WIN \$10,000! I know you have an opinion about every page in the magazine. Now's your chance to vent—by taking our online survey. It's simple. After you've read this issue, just go to more.com/december-2015-january-2016-survey and tell me what you think—and enter to win \$10,000. Please note: Complaints are as welcome as compliments. Really! Because knowing more about your reactions—whether positive or negative—is what helps me make the magazine better. For rules, see page 119.



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DIPTYQUE *limited-edition engraved L'Ombre dans L'Eau eau de parfum*, \$365; **DIPTYQUE BOUTIQUES**.



Gift Rapt

HOW TO TRULY SPOIL YOUR NEAREST AND DEAREST? GIVE THEM SOMETHING THEY'LL RELISH, REJOICE IN—AND REMEMBER FOR YEARS TO COME



2

MIXED BAG

Part leather, part suede and 100 percent chic, this cheerful carryall is perfect for your best friend celebrating that milestone birthday—or heck, even for you.

JIL SANDER leather bag, \$1,730;
JILSANDER.COM.

3

**INSTANT
GRATIFICATION**

The sleek packaging and high-tech capabilities of this Polaroid-style camera offer endless fun for budding shutterbugs and anyone who still loves prints. “The appeal is global because it’s as accessible as a mobile phone but produces a real picture,” says photographer Philippe Lacombe (who, incidentally, shot this story). Hosting your own fête? Leave one of these by the door for a DIY photo booth.

LOMOGRAPHY *Lomo’Instant camera*, \$119; LORDANDTAYLOR.COM.



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CASAMIGOS mixologist package, \$6,000; MODAOPERANDI.COM.

CASAMIGOS tequila in blanco, reposado and añejo, \$38–\$47; LIQUORAMA.NET.





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BEAUTY



5

CUTEST COUNTDOWN

Pamper a family member for the entire month with Jo Malone's take on an Advent calendar. Behind every door of this quaint Georgian town house lie delicious little luxuries, including body wash, cream and cologne in the brand's best-selling scents.

JO MALONE *Advent calendar*, \$430; JOMALONE.COM.

6

EAR CANDY

Known for their elegant, eye-catching design, double-sided earrings have become the accessory du jour. "You can wear them as an elegant set or mix and match them to play with color. They're sophisticated but also fun," says Christian Dior CEO and president Pamela Baxter. This festive, crystal-flecked pair will have any recipient exclaiming, "Oh, mon Dior!"

DIOR metal, lacquer and crystal earrings, \$650; 800-929-3467.



BEST OF THE BEST

EDIBLES

7

HAUT CHOCOLAT

Nestled inside a faux vintage book, this confection of chocolate and cream is portable *and* palate pleasing. Savor your giftee's surprise when she sees you're offering self-indulgence rather than self-improvement—then let her eat cake. ☺

MARIEBELLE *vintage ganache cake*, \$40; MARIEBELLE.COM.



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Four new
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WHEN WE THINK ABOUT THE COMPLEXION-PERFECTING
PRODUCTS IN THIS STORY, THE SAYING "WHERE HAVE
YOU BEEN ALL MY LIFE?" COMES TO MIND

BY GENEVIEVE MONSMA

PHOTO: REDLIPPYPROJECT.COM



EVEN WHEN YOU follow a good skin-care regimen, conditions such as chronic dryness, sensitivity and monthly breakouts are hard to erase. Make that *were* hard to erase. These four innovations may finally cure even the most persistent dermal dilemmas.



PROBLEM

Skin that's always Dry (yes, with a capital D)—or flaky, red and tight as a result of regular retinoid use.

SOLUTION FACE OIL

A rich oil for the face is an excellent idea for aging skin for several reasons. “As you age, the pH of your skin becomes more alkaline,” says Lauren Ploch, MD, a dermatologist in New Orleans. This change in pH affects the barrier function of the skin and can cause a long, slow leak of moisture, no matter how much cream you slather on. Using a face oil under or mixed into your daily moisturizing lotion can stem that tide. The oil gives the skin an extra dose of hydration, improves its appearance instantly and may even help repair your compromised barrier over time. Think of face oil as akin to a booster in a smoothie, says Ranella Hirsch, a dermatologist in Cambridge, Massachusetts. “I recommend it as an additive to patients experiencing dehydration due to hormonal changes or to women who

find their skin becomes intolerably dry during the winter.” Also, because many formulas boast anti-inflammatory properties thanks to ingredients such as grapeseed oil and linoleic acid, “most face oils minimize the flakiness and redness associated with topical retinoids,” says Debra Jaliman, MD, a dermatologist in New York City.

TRY LA MER (1) *The Renewal Oil Potent Elixir* (\$240; CREMEDELAMER.COM), which delivers intense hydration as well as the company’s signature anti-aging “broth”; **AERIN (2)** *Rose Oil* (\$68; AERIN.COM), a fast-absorbing oil that’s good for skin and hair; **LANCÔME (6)** *Bienfait Multi-Vital Daily Replenishing Oil* (\$49; LANCOME-USA.COM), which soothes, brightens and softens; **JUARA (3)** *Radiance Vitality Oil* (\$65; JUARASKINCARE.COM), which contains soothing rice bran oils and the antioxidant turmeric; and **OLAY** *Regenerist Luminous Facial Oil* (\$34; DRUGSTORES), which is fragrance-free.



PROBLEM

You're Goldilocks when it comes to cleansers: Formulas that deep-clean leave you dry or irritated, while gentler washes don't do enough to dissolve your makeup.

SOLUTION MICELLAR WATER

New to the U.S. but a best-selling cleansing formula in France (where the country’s

water can be so hard, women avoid using it on their faces), micellar water thoroughly removes dirt and most makeup without the need to rinse. Thus, your face is super clean but never feels stripped of moisture. How does it work? The micelles in the formula are “tiny molecules of oil suspended in water that draw out impurities like dirt and makeup,” says Elizabeth Hale, MD, a dermatologist in New York City. To use, douse a cotton pad with the micellar water, then wipe it over your face; the micelles attract grime and dissolve it. Wipe again with a clean cotton pad. “Micellar waters do not leave behind any residue,” says Jaliman, who is “obsessed” with **LIERAC** *Micellar Cleansing Water* (\$24; DERMSTORE.COM). In fact, she likes micellar water so much that she recommends it to all her patients, not just the ones with dry or sensitive skin. “It works for all skin types, and it happens to be handy for any woman who wants a streamlined before-bed cleansing ritual,” she says.

TRY BIODERMA *Hydrabio H2O* (\$13; BEAUTYLISH.COM), one of the most popular formulas in Paris and a makeup-artist must-have; **SIMPLE SKINCARE (11)** *Micellar Cleansing Wipes* (\$7; DRUGSTORES), one of the first micellar formulas to appear in U.S. stores; **ORICO LONDON (7)** *Orange Micellar Water* (\$24; ORICOLONDON.COM), which boasts an energizing scent; and **FILORGA** *Anti-Aging Micellar Solution* (\$29; NORDSTROM.COM), an extraluxe take on the gentle wash.



PROBLEM

You know that your aging skin could benefit from a treatment product, but most options leave you feeling greasy.

SOLUTION AN ESSENCE

This Asian skin-care staple falls “midway between a toner and a serum,” says Ploch. It is especially good for women with combination or acne-prone skin who want the anti-aging attributes of serums or creams but cannot tolerate the slick finish they impart. “Essences offer active ingredients without too much emollience,” says Jaliman. Adds Marie Jhin, MD, a dermatologist in San Francisco and the author of *Asian Beauty Secrets*: “In Asia, women are frequently willing to follow nine or more skin-care steps, and they may use one or more essences both morning and night.” In the U.S., however, Jhin acknowledges that essences will more likely find a place as a substitute for serums or creams for women with combination to oily skin—or possibly for women with drier skin who are looking for a moisturizing alternative to traditionally astringent toners.

TRY SK-II (9) *Facial Treatment Essence* (\$105 AND UP; SK-II.COM), one of the first, and most popular, essences to hit the States, packed with pitera, a cocktail of vitamins, minerals and amino acids said to aid in skin rejuvenation;

GIORGIO ARMANI (4) *Acqua Pantelleria* (\$125; GIORGIO ARMANIBEAUTY-USA.COM), an überlight addition to the best-selling Crema Nera Extrema skin-care line that hydrates with hyaluronic acid and glycerin; **SHISEIDO Bio-Performance Super Refining Essence** (\$76; SHISEIDO.COM), a moisturizing and exfoliating formula; and **GUERLAIN (12)** *Orchidée Impériale Night Revitalizing Essence* (\$230; SAKS.COM), a liquidy cocktail created to moisturize and to combat the pore-clogging effects of pollution.

PROBLEM

Your deepening lines, hormonal acne or lax jawline merits professional care, but getting to an MD or aesthetician more than two or three times a year isn't realistic.

SOLUTION AN AT-HOME DEVICE

“Using one of the myriad new skin-care devices as an adjunct to an in-office treatment can help extend time between visits and may even help you get better results when you do get to a doctor’s office,” says Jhin. The caveat: Like buying a new treadmill, ponying up money for a pricey skin-care device is only the first step. “You must be committed to using it regularly and as instructed to see real improvement,” Jhin adds. You may also want to loop your doctor or facialist into

your routine. “I prefer that my patients consult with me before they use a tool or device at home,” says Hale. “That way we can create a regimen to ensure they are not overdoing it.” So what devices are getting the go-ahead from doctors and aestheticians? Most agree that blue-light (for acne) and red-light (for skin plumping and line smoothing) treatments work and are effective additions to consistent, pro-approved, at-home antiacne and anti-aging skin-care regimens. Similarly, at-home fractional, nonablative lasers can help boost the stimulation of collagen (and subsequent skin plumping and firming) begun by an in-office laser like Fraxel. Finally, some new electrical-current devices may help with product penetration, tightening and firming—and with extending the results of pricey, skin-lifting “electrostim” facials, which are usually performed in a spa or by a medical aesthetician.

TRY TRUTH VITALITY (8) *Lux Renew* (\$279; TRUTH INAGING.COM), an FDA-cleared device that uses ultrasound plus red light (to treat lines and wrinkles) or blue light (to treat acne); **TRIA (5)** *Age-Defying Eye Wrinkle Correcting Laser* (\$249; SEPHORA.COM), a small, FDA-cleared, fractional nonablative laser that stimulates collagen production; or the **ZIIP (10)** *Nano Current Skincare Device* (\$495; ZIIPBEAUTY.COM), which uses electrical currents to lift and firm aging skin as well as decrease the bacteria that can cause acne. Ⓢ



Jennifer Lopez

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GREAT LENGTHS

Comfort, meet style: This season's new minimalist look is best in classic black and white.

Hit pause on structured tailoring and instead embrace supple separates. "We call this look the Big Easy," says Suzanne Timmins, senior vice president and fashion director at Hudson's Bay and Lord & Taylor. "After years of body-defining silhouettes, the idea of ease of movement feels modern and refreshing." This loosely cut trench is a key topper for winter.

A.L.C. crepe coat, crepe jumpsuit and wool sweater; ALCLTD.COM.
CHARLOTTE OLYMPIA linen pumps; [CHARLOTTE OLYMPIA.COM](http://CHARLOTTEOLYMPIA.COM).

HAIR: TOMOYUKI TAMURA; MAKEUP: LAURA STIASSNI; MANICURE: KELLY BAT DEFACTO INC.; SET DESIGN: STEVEN NASSIMOS AT ROB STRAUSS STUDIO; MODEL: MARGAUX BRAZHNYK AT MC2 MODEL MANAGEMENT



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FASHION

SHAPE-SHIFT

No shades of gray here. The airy sheath works as a dress (and easily accommodates layers), but it would also be smart as a tunic over pants. Continue the color scheme with accessories that are bold and chunky in design. "There's no doubt the men's-style loafer is this season's must-have shoe," says Timmins. "It can be worn with a dress or your favorite pair of trousers."

EDUN sleeveless dress; **THECORNER.COM**. **CALVIN KLEIN COLLECTION** silk blend sweater; **CALVIN KLEIN.COM**. **SPORTMAX** leather bag and heels; 212-674-1817. **ASSAEL** 18k white gold ring with Akoya cultured pearl; **NEIMANMARCUS.COM**.





LAYER TAKE

The look is relaxed but not sloppy. How to achieve it? Don't overwhelm your frame; look for pieces that offer the hint of a waist, a glimpse of skin, and sleeve and hem lengths that fit and don't flop over. "You want voluminous shapes in gentle fabrications that just skim the body," says Timmins. "Layering provides interest and allows for endless styling options. This is a great way to play with proportion." We're also mad for the new cross-body saddlebag.

CALVIN KLEIN COLLECTION jersey dress, calfskin saddlebag and eel-skin sneakers; **CALVINKLEIN.COM**. **NIC + ZOE** wide-leg pants; **NICANDZOE.COM**. **ASSAEL** 18k white gold ring with Akoya cultured pearl; **NEIMANMARCUS.COM**. For prices and links to products, go to more.com/wheretobuy.



The rewards of voluntourism

BY MELISSA BIGGS BRADLEY

"I KNOW THAT building water towers at 4 AM is not everyone's idea of a vacation," said one traveler of her recent trip to Cambodia, where she helped install 24 water towers in 24 hours with a group called Planet Water. "It was hard work but so rewarding. Children had clean drinking water for the first time. When we completed a tower, the monks would do a blessing ceremony."

Voluntourism, or working for a charitable cause at home or abroad, is one of the fastest-growing travel trends, and about 70 percent of such travelers are women. Experiences range from a day or two of helping to build a house or paint a school to a week or more that requires special skills, such as medical or language expertise. The act of giving time to a community in need puts a traveler in immediate and intimate contact with locals.

Karen Lawson, a former neurolinguist, tells me, "In Grenada, I learned about the silent epidemic of child abuse and abandonment that many developing nations face. The plight of these children was so profound that I was inspired to establish

Reach Within [reachwithin.org] to provide training, education, material goods and, most important of all, friendship." Her organization now hosts volunteers—kids as young as six and adults as old as 80.

Elevate Destinations and Globe Aware match travelers with causes and destinations,

while travel companies such as mine, Indagare, offer full trips or a charitable add-on to an itinerary—perhaps a half-day with the Reading Glass Project or the Saalam Baalak Trust, which works with runaway children in India. Recalls one traveler who distributed magnifier glasses to people in a favela in Brazil: "What I remember are the people's smiles. They told us they could sew or read the paper again. We were discovering the world and maybe making it a little better at the same time." ☉

MELISSA BIGGS BRADLEY is founder of the travel site *indagare.com*.



KENYA is just one of the countries served by Elevate Destinations. The Saruni Samburu lodge (above) is a stop on its Living with Warriors safari. Maasai Volunteering Adventure (left) emphasizes conservation.

PHOTOS, FROM TOP: STEVIE MANN/WWWW.STEVIEMANN.COM, COURTESY OF CAMPI YA KANZI



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A woman with striking blue eyes and a ring on her finger is shown in a close-up, her hand resting near her face. The background is a dense field of chocolate-covered raspberries. In the foreground, several pieces of jewelry are displayed: a pair of earrings, a necklace, and a ring, all featuring large, square-cut blue gemstones (Tanzanite) and smaller white diamonds (Vanilla Diamonds) set in a gold-toned metal.

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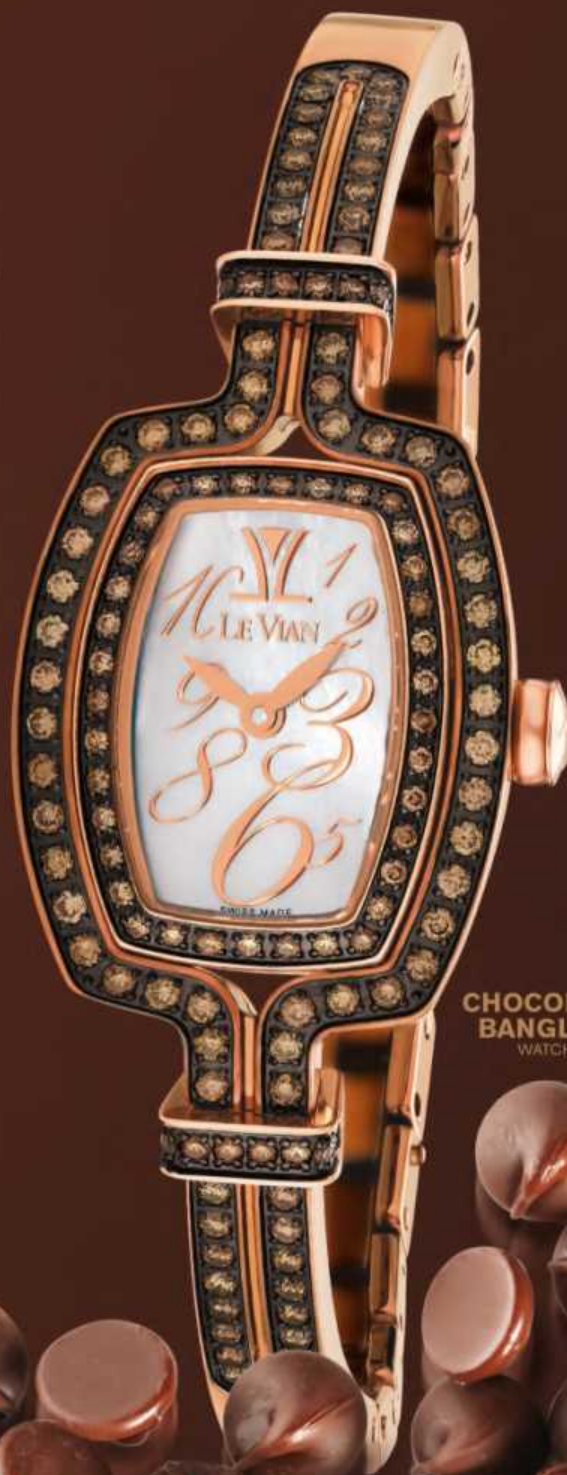
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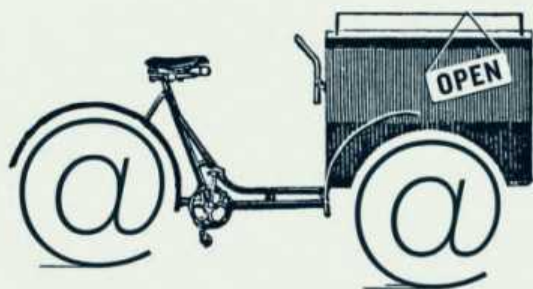


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How to be a weekend entrepreneur

AT 10 YEARS OLD, Nely Galán began selling Avon products to help her immigrant parents pay her Catholic-school tuition. She later became the first Latina president of a U.S. television network (Telemundo) and an award-winning producer. Today she trains multicultural women in entrepreneurship through her initiative, the Adelante Movement. Galán, whose book *Self-Made* comes out in the spring, says all women should exercise their entrepreneurial muscles.

SELL YOUR OLD BOOKS “Etsy and eBay are the perfect platforms to launch side businesses. If you’ve never sold anything online, start with books on Amazon. It’s easy to set yourself up as an individual seller [find instructions at services.amazon.com], and you don’t need to worry about taking photographs, because most book covers are already on the site. Once you’ve registered as a seller, all you really need to do is type in the ISBNs of your books to list them and choose your selling price based on what other sellers are asking for the same title.”

GO ON A TREASURE HUNT “Think of your home as a store full of unsold inventory. Go through the books, kids’ toys, DVDs, vinyl records and gadgets you don’t use. If you have any Disney or Star Wars memorabilia,

it’s worth gold! Sell everything you collect on Amazon and eBay” (ebay.com/sell).

SET PARAMETERS “Running a small business does not have to take over your life. It can be confined to one or two days a week or just Saturday mornings. You can even set up your seller profiles so that customers know you ship items only one day a week.”

TAKE IT UP A NOTCH “Once you’ve gotten the hang of selling, list other people’s items for them and split the money. Or think of your house as a store of rentable inventory: Rent out a room on Airbnb, your garage as storage, your wedding dress or your car for a weekend. You can drive for Uber or own a franchise. Think like an owner, and the possibilities are endless.” —CATHERINE HONG

61%

vs.

50%

The **success rate of start-ups** with five or more women in high-level positions, compared with start-ups that have two or fewer female executives, according to a Dow Jones study.

DON'T HAVE ENOUGH MONEY TO START A BUSINESS? GOOD!

AFTER MY FIRST year of college, my mom announced she was out of money. I’d have to come home and work. A year later, I returned to school knowing that no matter what happened, I’d always be able to support myself. This confidence proved invaluable when I cofounded my investment firm, Rose Park Advisors.

Many of us don’t have the money we think we need to start a business. But in my years of investing in and advising women-led companies, most recently at Springboard, I’ve found that many successful entrepreneurs are able to start their businesses with what little money they have, going after funding once they have a proven track record. Often that doesn’t take long; a lot of bootstrappers can turn a profit after a year or two. I’d say they are successful not in spite of but because of the lack of money.

“Starting a business with nothing taught me how to run lean,” says Susan Petersen, founder of Freshly Picked, which makes moccasins for babies. Her family was struggling to make ends meet, but she had an idea. With \$100, she went to a garage sale and bought a huge bag of scrap leather and a sewing machine. Then she taught herself to make moccasins. She sold her first prototypes on Etsy. Today, Freshly Picked has \$5.3 million in annual sales.

There are lots of ways to bootstrap your business: Use a 3D printer to create a low-cost prototype of your product; make a website cheaply at Wix (wix.com) or Squarespace (squarespace.com). Hire temporary workers and borrow or lease equipment. Most important, barter. Even if you aren’t cash poor, working with what you have will prove out your business model more quickly.

—WHITNEY JOHNSON, @johnsonwhitney

WHITNEY JOHNSON’s latest book, *Disrupt Yourself*, came out in October.

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Financial planning in the no-raise era

IF IT'S BEEN a long time since your last raise, you're not alone. Employers increasingly prefer to give bonuses and other one-time rewards instead of locking in pay bumps. In 2014 the percentage of payroll budgets devoted to raises shrank to 3 percent, while short-term rewards and bonuses grew to nearly 13 percent, according to an Aon Hewitt study. Such wage stagnation upends the traditional financial-planning notion that workers can count on growing paychecks to offset rising costs and save for the future, says Sheryl Garrett, founder of the Garrett Planning Network. What do you do instead?

INVEST YOUR WINDFALLS Even if your paycheck isn't rising, your portfolio still needs to be. Put bonuses to work for you by investing in a diversified mix of stocks.

DON'T WAIT TO SAVE The idea that you will somehow save more tomorrow is a dangerous one, especially if your income isn't keeping up with your expenses. One solution is to set up automatic transfers so that a portion of your paycheck goes into savings each payday no matter what.

UP YOUR 401(K) Increasing your 401(k) contribution by just 1 or 2 percent won't leave you strapped for cash, but it will pad

your account with thousands of dollars more for retirement. Saving just \$50 more a month over the course of 30 years will net you nearly \$75,000, assuming 8 percent average annual returns.

ADD ANOTHER INCOME STREAM Your skills may allow you to consult, teach or blog. You may have a hobby you can turn into a sideline business. In addition to fattening your wallet, a side hustle can help you explore an alternative career.

ASK FOR THINGS OTHER THAN MONEY These might include a better title, more vacation time or professional education. By paying for additional training, for example, the company can increase your value as a worker without having to commit to a higher annual expense.

JOB-HOP Moving to a new job may be the only way to win a significant pay hike. In 2014 the average company raise was 3 percent; job switchers' average wage growth was 5.6 percent, according to research from the Federal Reserve Bank of Kansas City. While staying with the same employer for years may feel comfortable, the choice to remain stagnant can cost you big bucks over the course of your career.

—LIZ WESTON, @lizweston

45%

The percentage increase from 2011 to 2015 in the number of independent workers—consultants, freelancers, contractors, temporary workers—**who earned \$100,000 or more per year**, according to the MBO Partners 2015 State of Independence in America report.



HOW MEDITATING CAN MAKE YOU BETTER AT YOUR JOB

FIVE MINUTES a day is all you need to reap the professional benefits of mindfulness, says *New York Times* reporter David Gelles, author of *Mindful Work: How Meditation Is Changing Business from the Inside Out*.

1

TRY INTERVAL MEDITATING For a few minutes several times a day, focus on one sensation, such as the passing of air in and out of your nostrils. This forces you to notice what's happening in the present and trains your brain by repeatedly bringing attention back to your breath. It also builds your concentration, making it easier to pay attention in a midafternoon meeting.

2

PICK A MINDFUL PLACE Don't let the fact that you're at work distract you. Instead, find places to be mindful in the office or during your commute. For example, try using a hallway at work. Rather than looking at your phone or scanning the office each time you pass through it, move slowly and feel the sensation of walking, which will ground you in your body. The idea is to learn to associate that place with slowing down, to focus on how you feel as opposed to getting lost in your thoughts.

3

WAIT BEFORE YOU ANSWER Instead of grabbing your office phone when it rings, let the caller wait 10 seconds while you check in with yourself. That pause before starting a conversation can break the routine of being reactive and allow you to respond thoughtfully. —CHERYL LOCK, @CMLock42

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VOICES

IN HER WORDS



CARRIE FISHER

ACTRESS, INSPIRATION, GLITTER DEVOTEE / INTERVIEW BY MARGY ROCHLIN

LOVE WHAT YOU LOVE

“I have a French bulldog named Gary, and I’ve never gotten this involved with an animal. It’s inconvenient—I cannot *not* be with him. I have become that idiot I used to make fun of: the woman who never leaves her dog anywhere. He might as well be a Chihuahua.”

INSPIRE STRANGERS

“People come up to me on the street and say, ‘I became a lawyer because of Princess Leia.’ She showed us that if you want to get it done, you can do it. That a female can stand up and do it just as well as a man, if not better—and look a lot better in a bikini.”

BE OPEN ABOUT YOUR PROBLEMS

“[Being bipolar and having had electroconvulsive therapy] is a huge thing to try to hide, and it’s nothing to be ashamed of. The best way to get through a lot of the stuff is community, to find other people who have this and get wisdom that way. You can’t do that unless you’re open about it. People stop me on the street all the time and say, ‘You made me feel like I wasn’t alone.’”

NEVER GOOGLE YOURSELF

“The cruelest people I’ve ever experienced are on the Internet. And the comments are always pretty much about your age and your appearance. Someone actually said about me, ‘What ever happened to Carrie Fisher? She used to be so hot, and now she looks like Elton John.’ I knew that it was going to be funny to me in an hour or two.”

FIND YOUR SIGNATURE STYLE

“I like things that shine. Glitter celebrates. It’s happy. It makes you look like you’re up for a good time. Sometimes when I sign autographs, I throw glitter at people. Frequently I just have some on me. They actually sell a lot of it at Sephora.”

DON’T BAN BOSSY

“Being bossy is being confident; it’s a style. I don’t know if it’s an attractive style, but it will get the job done in certain situations.”

YOU GET ONLY ONE SHOT

“The inevitable outcome—for everyone—is you’re going to get older; fame is going to go away. So don’t slide through life. Savor it. Slow down, be kind, pay attention. Because this isn’t going to happen again.”

CARRIE FISHER, 59, IS AN ACTRESS, A NOVELIST AND A SCREENWRITER. IN DECEMBER SHE REPRISSES HER ROLE AS PRINCESS LEIA ORGANA IN *STAR WARS: THE FORCE AWAKENS*. FISHER HAS A DAUGHTER, BILLIE, AND LIVES NEXT DOOR TO HER MOTHER, ACTRESS DEBBIE REYNOLDS, IN BEVERLY HILLS. @carrieffisher

This interview has been edited and condensed.



Shining a spotlight on the world's rape crisis

The documentary *India's Daughter* tries to answer the question, Why do men rape?—and inspired the filmmaker, Leslee Udwin, to help launch a global initiative to teach kindness and respect **BY SHARON COTLIAR**

LESLEE UDWIN WAS admittedly nervous as she gathered her family together in their Copenhagen home in December 2012 to ask for permission to leave them. “I knew that I needed to do this,” says Udwin, an award-winning filmmaker who wanted to tell the story of Jyoti Singh, a 23-year-old medical student whose gang rape and murder that month in Delhi had inspired unprecedented protests in India, demanding an end to violence against women. »



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VOICES

NEWSMAKER

After getting the blessings of her husband, Kim, and their two teenage children, the Israeli-born actress turned producer turned director began a two-year odyssey that resulted in *India's Daughter*. The searing documentary not only tells the story of a brave young woman who was determined to follow her dreams of becoming a doctor but also asks her rapists why they did what they did. In addition, the film examines the cultural attitudes that allow men in India and around the world to commit sexual assault, often without penalty. While the film was banned in India for its potential to cause social unrest, it still went viral there when it was leaked through social media. Recently released in select theaters, it has gained the support of Hollywood's elite (Meryl Streep hosted a special screening of the film in New York), just in time for Oscar consideration.

Sitting down with *More* after being awarded Sweden's prestigious Anna Lindh Memorial Prize for promoting human rights, Udwin, 58, talks about the challenges she overcame to make her passion project and why she believes the film offers important lessons not just for India but for every country, including the U.S. "I'm utterly convinced the only thing we can do [to stop sexual assault] is educate a new generation," says Udwin. "We teach our children how to read, write and count. But nowhere are we teaching them how to respect and have empathy. We need to educate their hearts, not just their heads."

Why did Jyoti Singh's death spark such outrage in India?

She was representative of a new emerging independent young woman. [The night she was raped] she dared to see the movie *Life of Pi* in a mall with a male friend. She dared to challenge the oppression of a patriarchal society that told her, "You're a girl. You don't go out after dark. You stay in the home, you don't become a doctor, you don't get educated."

Seeing a film at 6:30 PM with a male friend was considered an act of rebellion?

Being out at night with a male who was neither her brother nor her husband was expressing her demand to live a free, unrestricted life. [Being out at night with a man] is also what crushed her; the rapists told me they wanted to teach her a lesson.

You interviewed three of the six men convicted of raping and murdering Jyoti, and you spoke with rapists in four other cases. What shocked you most about their attitudes?

In the 31 hours of interviews I did with the rapists, there was not one second of remorse. They don't think they did anything wrong. These men are programmed. They are not rotten apples in the barrel. It's the barrel that is rotten. From day one they're taught to believe that girls are inferior, to believe they are of lesser value or of no value. One of the most shocking statements in the film for me was from a defense attorney for the rapists, who said, "If my daughter disgraced herself in the manner Jyoti Singh did, I would have poured petrol on her and burned her alive." This is a lawyer. I asked him about this statement months later, and he stood by it. He was proud of his thinking.

At one point during the filming, you broke down. Can you describe what happened?

It was six months in, not long after I interviewed a man who had been convicted of raping a five-year-old girl. I had visited the darkest possible issues and places in the human soul, and I felt dirty. I had also spent £117,000 of my own money [to make the film] and was carrying massive debt. I woke up one morning, and my body was shaking. I thought I was going mad, and I wanted to go home. I realize now it was a major panic attack. I called home, and my daughter, who was 13 at the time, answered. I tried to sound normal, but she said, "Mummy, what's wrong?" That broke me. She started talking me down off my panic attack. Then she said, "You're not coming home, because my generation of girls is relying on you." That was it. I stayed and finished the film.

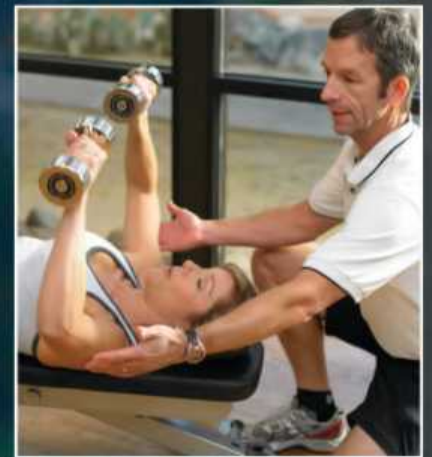
At the end of the movie, you list rape statistics. For example: A survey found that one in four women is raped on a college campus in the U.S.; there's a rape every six minutes in Britain; more than 400,000 women are raped in the Democratic Republic of Congo each year. What message were you trying to send?

That no country is immune. It's so easy for people to look at the film and think, Oh, it's just India. But it's not. It's unsafe in every country in the world. »

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When did you learn that India was going to ban the film and that by staying in the country, you risked arrest?

I was at a press screening in Delhi on March 3, 2015, when a journalist came up to me and showed me a text message she'd received. She said, "Your film has just been banned, and you are probably going to be arrested." I was in shock. In my mind, this film, which shows the protests [against rape and the cultural attitudes that allow it], was praising India for standing up with courage and tenacity for women's rights. I phoned my local lawyers—I had seven of them in India working on various aspects of the film. The first six said, "Don't waste time talking to me. Go straight to the airport and get on the first plane." I phoned the seventh lawyer, and when I told him what the others had advised, he said, "Do not go to the airport. Hire a car and drive to Nepal and get a plane out of there." But I stayed. It was only 24 hours before the flight I had originally booked. If there was a court case down the line, I didn't want to be seen as fleeing. The next day I went to the airport, and there was a pack of TV crews. I drew a scarf over my head and around my face and instructed the taxi driver to drive on a few entrances. We walked along the back and checked in.

Was the ban effective?

The BBC aired the film last March in Britain, ahead of International Women's Day, when it was to be released in India and several other countries. Within one hour of that broadcast, many Indians saw it through social media, where it was leaked. At this point, I think most of India has seen it.

Has anything changed in India since Jyoti Singh's death?

The definition of rape was widened, but marital rape is still legal in India. The death penalty was brought in for rape in the rarest of cases, such as Jyoti's. [Four of Singh's rapists are on death row, one died while he was in police custody, and the sixth received a three-year sentence in a reform facility for juveniles.] I think that's a mistake. I think the death penalty encourages the notion that you're getting rid of the bad apples, and that's just not true. It creates a false sense of security.

You also interviewed Jyoti's mother and father. What did you learn?

[Her parents told me] Jyoti wanted to be a doctor. Her father had two sons to educate. They had to take priority. Jyoti fainted when he said no. Her father said he realized in that moment that she so badly wanted this, his love for her just overwhelmed his programming as a father who has been taught you don't educate a girl. He was persuaded by her to use all the money he had saved for her marriage for her education.

After the film's release, you revealed that you yourself were raped at 18. You had never spoken about it publicly. Why did you decide to do so now?

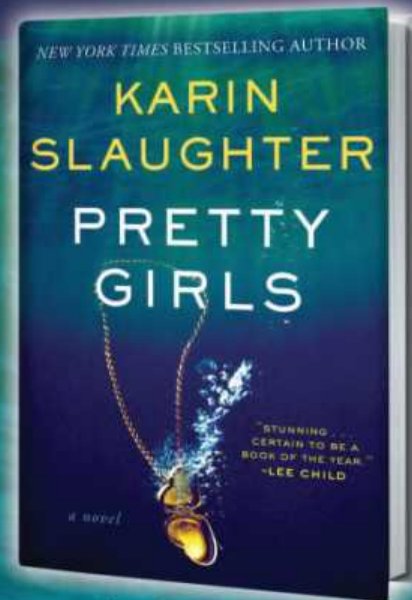
We put a "Stop the Shame" page on the film's website [indiasdaughter.com] to encourage girls and women to talk about their rapes. We said, "If you don't feel comfortable publishing your name or being filmed, then write your story." At that point, I thought, Wait a minute—I was raped. I need to talk about it, too. I'm ashamed to say that I didn't report the guy who raped me, who I had met with a group of friends. I kept silent for 20 years.

You say that the only way to stop the rape crisis is through education and that you are now working with the U.N. Human Rights Office. What can you tell us about the Equality Studies Global Initiative that you are advising them on?

There's a saying: "Give me a child until he's seven, and I will show you the man." [I believe that] by age six character is formed and that we have a window of opportunity, specifically from ages three to five, to cognitively modify the human being and change the attitudes they start life with. We can teach them to empower each other and, whether they're a boy or a girl, contribute meaningfully to their household and society. We're recruiting global visionaries in education, human rights, gender and psychology so that we can construct a detailed curriculum and have the program fully launched by 2018. So far, I've got eight countries [participating]. I won't make another film until I've given this initiative my all. ☺

SHARON COTLIAR interviewed Amy Robach in the October issue of *More*. @SharonCotliar

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VOICES

SECOND ACTS



DAYLE HADDON

FROM: Supermodel



TO: Founder and CEO of WomenOne

To give life more meaning, give back

She had a fun, lucrative career—a few, in fact. Then she realized she needed more. How Dayle Haddon found the path to deeper satisfaction **BY SHARON COTLIAR**

One minute, former *Vogue*, *Elle* and *Harper's Bazaar* cover girl Dayle Haddon (@dayleythought) was living in Paris with a husband and teenage daughter she adored. The next, her husband died unexpectedly, and suddenly, at 38, she was a single mother with no job and no financial cushion. “I lost so much—not only my husband but everything,” says Haddon. “I had to start from zero.”

Returning to the U.S. in 1987, she tried to get assignments as a model. In the '70s she had been a top cover girl, but now her attempts were repeatedly shot down. “They said, ‘You’re so over the hill, you’ll never work again in this industry,’” she recalls.

At first it seemed they might be right. Haddon found work as an ad-agency receptionist, but she mostly made coffee and washed the cups. A coyote hired for an agency commercial earned more money than she did, she recalls. Newly determined, she persuaded Estée Lauder and later L'Oréal to hire her as the representative of their anti-aging lines. She also wrote two best-selling beauty books, became a contributor on CBS-TV's morning news program and started her own company, Dayle Haddon Concepts, to promote beauty, health and wellness at every age.

PHOTOGRAPHED BY *Kyoko Hamada*

Still, seven years ago, as she approached her 60th birthday, she found herself “looking for deeper meaning.” She became a UNICEF ambassador, making trips overseas. On a visit to Angola, she had an epiphany about what her future work would be.

At a rural clinic, a doctor asked her if UNICEF could supply two more microscopes so that women who had walked all night to get there didn’t have to wait another day for diagnoses. The request was simple, but when Haddon went to UNICEF, “they said, ‘Dayle, that’s too small for us. We can’t itemize things like that,’” she recalls. “That’s when I realized there was room to start my own nonprofit, one that would do what big organizations like UNICEF couldn’t do.”

Though Haddon had no idea how to run a nonprofit, her experiences as a U.N. volunteer gave her the confidence to try. “One of the striking things about Dayle is her capacity for learning,” says her friend Fran Hauser, a venture capitalist who is an advisory board member of Haddon’s nonprofit, WomenOne (womenone.org). “She really listens. She’s always there with that notebook and pen. Dayle doesn’t leave the research to someone else. She’s on the ground.”

One thing Haddon quickly learned is the difference education can make for women living in poverty. “Studies show that if a woman can read, just read, there is a 50 percent higher chance that her child will live beyond the age of five,” she says. “Occurrences of HIV and AIDS go down. Less violence is committed against women who have an education.” Armed with those facts, she decided education would be her group’s mission.

In 2010, Haddon put up \$10,000 from her savings, and WomenOne officially became a nonprofit. Its first fund-raising project came out of a 2011 trip Haddon took with the charity Free the Children. In Kenya to help build an all-girls high school in a rural, impoverished area, Haddon learned that the girls’ families, many of whom lived on less than \$2 a day, could not begin to afford the \$2,500 annual cost of tuition, room and board.

By tapping into her network of friends and donating money herself, Haddon raised over \$100,000 to help pay for tuition. With the additional media attention she brought to the cause, more than 200 girls were provided with full scholarships. Last January, Haddon says, she and her 13-year-old granddaughter

ON GOING FROM ZERO TO SUCCESS

IT’S SO EASY TO LOSE IT ALL

“I went from being a cover girl to a dishwasher.”

YOU CAN’T TAKE NO FOR AN ANSWER

“Everyone says no. You have to have the energy to pierce no. Use no as maybe.”



RUNNING THE NUMBERS

100+

Number of magazine covers on which Haddon appeared during her modeling career

18

Number of years she served as a L’Oréal spokeswoman

\$25

Annual cost of a girl’s personal supplies for school in East Africa, such as soap, toilet paper and sanitary pads

\$100

Cost of schoolbooks for eight girls for a year in East Africa

350

Number of girls in Kenya and Turkey whose high school education Haddon has helped fund

62 million

Number of girls, globally, who are not in school

attended Kisaruni Secondary School’s first senior-class graduation. “These girls had come so far,” she says. “It moved me to tears.”

In 2013, WomenOne helped fund the education of 119 girls across Turkey. The next year, in partnership with the Duke University Program on Children in Adversity, the group gave cameras to Syrian refugee girls so they could tell their stories—and at the same time acquire valuable marketplace skills. In July 2015, WomenOne offered its first educational program in the U.S., teaching young mothers in the Bronx to cook healthy meals on a limited budget. And last month it partnered with BuildOn to construct schools in Haiti and Senegal and contribute money toward the education of 600 children, girls and boys, while also providing an after-school program for kids who need extra help.

Until May 2014, Haddon was still taking no salary and paying out of her own pocket for most expenses, including travel. She’d kept costs down, but she knew she’d need help to take WomenOne to the next level, so a friend convened a group of experts to brainstorm next steps. That’s how Haddon met Amy Hepburn, a part-time professor at Duke University and George Washington University who has nearly 20 years’ experience studying the most effective ways to provide care and protection to children in emergency situations resulting from natural disasters, armed conflict and poverty. “I brought subject expertise and technical expertise,” says Hepburn, who is also director of the Children in Adversity program. “And Dayle has this tenacious, go-getter attitude. She can sit in a mud hut in Kenya and convince a Hollywood director to take on a cause.”

Working with Hepburn, Haddon secured two grants from the MasterCard Foundation totaling \$500,000, which enabled WomenOne to hire Hepburn, as part-time executive director, and a second, full-time employee. The organization has also opened a D.C. office. (Haddon will continue to work from her home in New York.) “I loved being a model,” she says. “But I feel really good about what I’m doing now, as a human being, making a difference to my brothers and sisters. It hits you in the heart. It makes me go to sleep with a smile on my face.” ☺

SHARON COTLIAR is a frequent contributor to *More*.
@SharonCotliar

MORE CHOICES

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This amazing experience offered one young girl an opportunity to be a Barbie Designer for a day. Eleven-year-old Laura Meo and her mom traveled to the Mattel design center in Los Angeles, CA for a pink carpet meet & greet, tour of the Handler Team Center design studio and a chance to work alongside Barbie designers to create a one-of-a-kind Barbie doll.

The day was a true success and both Laura and the Barbie team will remember it for years to come.



1
INSPIRATION



2
DOLL CONCEPTING



3
FACE SCULPT/POSE SELECTION



4
FACE PAINTING



5
HAIR ROOTING



6
PACKAGE DESIGN

1 | To inspire Laura as a Barbie Designer, Mattel created a special work space for her, complete with photos, a selection of dolls and personalized business cards
2 | A Barbie designer shows Laura how her sketch is translated into an actual doll
3 | A collection of face sculpts and hair styles
4 | Laura puts the finishing touches on Barbie's face
5 | A hair specialist demonstrates how Barbie's hair is rooted
6 | Package Design team explains the process of choosing packaging for each doll

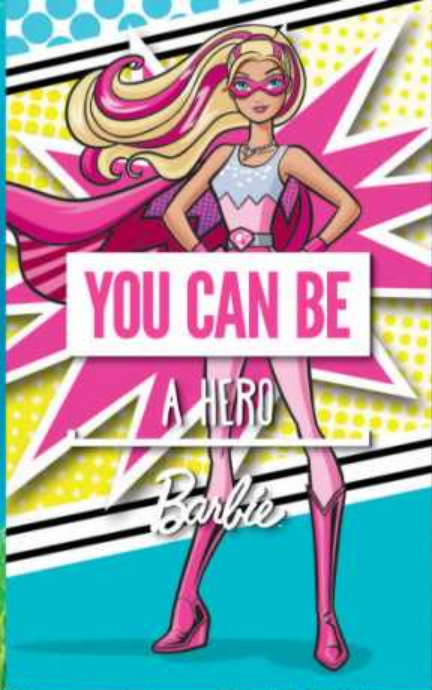
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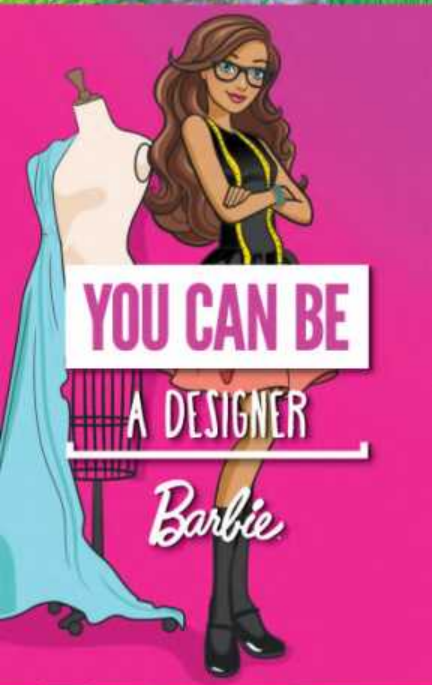
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THE JOY OF SETS

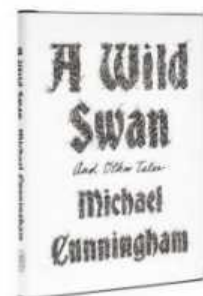
WHY SETTLE FOR ONE VOLUME
WHEN YOU CAN BESTOW A BUNDLE?

You'll have to squirrel away your box of 80 *Little Black Classics* (Penguin) before the holiday dinner. If you don't, your guests will get up from the table, sit cross-legged on the floor and start pulling out those slender, elegant paperback volumes filled with the most piquant literary works—poems, excerpts, stories—from writers little and widely known. There's fiction from Edith Wharton (her first short story) and Ryūnosuke Akutagawa (he wrote "Rashōmon"). There's advice from Baltasar Gracián (outdoing your superior is "either stupid or fatal") and Friedrich Nietzsche (marriage is "a long conversation"). There's poetry from Catullus, Bashō, Sappho and a host of others—a feast, to quote from Gerard Manley Hopkins, of "juice" and "joy."

If your guests still aren't sated, they may sniff out your pretty parcel of *Picador Modern Classics*, lusciously bound editions of modern masterpieces: Marilynne Robinson's *Housekeeping*, Denis Johnson's *Jesus' Son*, Jeffrey Eugenides's *The Virgin Suicides* and Hermann Hesse's *Steppenwolf*. With treats like these, you can forget about serving dessert. —CATHLEEN MEDWICK

GET THE PICTURE

ILLUSTRATED BOOKS AREN'T
JUST FOR KIDS



A Wild Swan and Other Tales

BY MICHAEL CUNNINGHAM,
ILLUSTRATED BY YUKO SHIMIZU
(Farrar, Straus and Giroux)

IN Cunningham's retelling, 10 classic fairy tales turn stranger and darker. The pleasure of familiarity is profound (the long braid! the beanstalk!) even as the usual beastly failings—jealousy, malice, greed—are rendered mundanely, uncomfortably human. Creepily beautiful drawings by Japanese illustrator Yuko Shimizu further enchant. —CATHERINE NEWMAN



Beloved Dog

BY MAIRA KALMAN
(Penguin Press)

KALMAN turns both her signature smitteness and vividly whimsical painting to the topic of dogs in this canine greatest-hits compendium. Some pages are new, some are culled from previous books, and all star dogs as friends, heroes and comedians. The book is, really, a love story, with Kalman as grateful participant and exuberant narrator. —C.N.



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8 DELIGHTFUL HOLIDAY SURPRISES

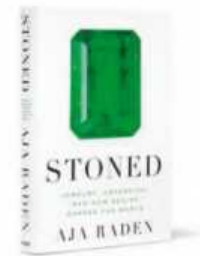
GOOD-TIME GIRL

In sunny, sensual 1960s Hollywood, journalist Eve Babitz went everywhere, did everyone (“In every young man’s life, there is an Eve Babitz,” wrote one record executive. “It’s usually Eve Babitz”) and chronicled everything in a series of utterly seductive stories. **EVE’S HOLLYWOOD** (New York Review Books), reissued with a savvy new foreword by Holly Brubach, is a welcome reprise. —AMANDA LOVELL



COOK AND TELL

Writer and editor Ruth Reichl famously has a knack for communicating all that food is really about: comfort, memory, lust, satiety, joy. Her warm-as-toast memoir **MY KITCHEN YEAR: 136 RECIPES THAT SAVED MY LIFE** (Random House) tells the inside story (in anecdotes and recipes) of how she spent the year after the demise of the magazine she edited, *Gourmet*—a time in which she “rediscovered simple pleasures” and learned that “the secret to life is finding joy in ordinary things.” Pair this volume with **EATING WORDS: A NORTON ANTHOLOGY OF FOOD WRITING** (Norton), a rich and savory collection of culinary essays edited by Sandra Gilbert and Roger Porter—Reichl wrote the foreword—for a satisfying repast of literary skill and kitchen wizardry. —ELAINA RICHARDSON



GLITTERING PRIZES

You don’t have to be Liz Taylor to know that a knock-your-eyes-out jewel is the ultimate symbol of devotion and status. In her riveting, erudite history, **STONED: JEWELRY, OBSESSION, AND HOW DESIRE SHAPES THE WORLD** (Ecco), Aja Raden reveals, in words and images, how far we humans will go—conniving, deceiving, making love and war—in search of the perfect bauble. —E.R.



AMERICAN BEAUTY

Deep roots, tender shoots, grafts that don’t take: Farming and family life have plenty in common, and no one knows this better than Jane Smiley. Her novel *Golden Age* completes **THE LAST HUNDRED YEARS TRILOGY** (Knopf), the gorgeous grass-roots saga of an American family, on the farm and off, over the past century. —C.M.



SMALL WONDERS

For a quick hit of rapture, read a brilliant short story by, say, Katherine Ann Porter or Junot Díaz. And for a leisurely trip to paradise, settle in with the dozens of masterworks in **100 YEARS OF THE BEST AMERICAN SHORT STORIES** (Houghton Mifflin Harcourt), edited by Lorrie Moore and coedited by Heidi Pitlor. Small packages can contain the greatest gifts. —C.M.

NOISEMAKERS

6 JANUARY READS TO GET PEOPLE TALKING

Hong Kong. // In **EXCELLENT DAUGHTERS: THE SECRET LIVES OF THE YOUNG WOMEN WHO ARE TRANSFORMING THE ARAB WORLD** (PENGUIN PRESS), Katherine Zoepf offers a close-up look at a new generation rising. // Need a life lift? **WHERE WE BELONG: JOURNEYS THAT SHOW US THE WAY** (SIMON & SCHUSTER), by the *Today* show’s Hoda Kotb, tells stories that can help you find your true calling. And TED Talk star Amy Cuddy suggests potent self-tweaks in **PRESENCE: BRINGING YOUR BOLDEST SELF TO YOUR BIGGEST CHALLENGES** (LITTLE, BROWN). For instance: When you’re anxious, don’t try to calm down—coach yourself to get excited. You’ll be primed for good things to come. —DAWN RAFFEL

Winter is a great time for hot books and life-changing insights. Sunil Yapa’s turbocharged debut, **YOUR HEART IS A MUSCLE THE SIZE OF A FIST** (LEE BOUDREAUX BOOKS), creates a world through seven characters at a 1999 riot, while Pulitzer Prize winner Elizabeth Strout’s deceptively simple **MY NAME IS LUCY BARTON** (RANDOM HOUSE) starts with a hospital visit, then tunnels into the tangled relationships between mothers and daughters, husbands and wives, storytelling and memory. // Janice Y.K. Lee’s **THE EXPATRIATES** (VIKING) combines a page-turning plot with intimate perceptions about Americans in

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The friend who got away

Relationships can surmount all kinds of difficulties. Until they can't. A writer considers an old pal's foibles and failings—and her own **BY DANI SHAPIRO**

Last week I saw S. on the street in New York City. She was dashing across Lexington Avenue against the light. She looked the same as she had the last time we'd met, more than a decade earlier. Her red hair was still long and wavy, a little gray now, pulled back in a messy knot. She was wearing jeans and a big sweater and carrying a heavy satchel full of books. My heart sped up as I wondered what would happen if she noticed me, whether we'd say anything to each other or just have an awkward, frozen moment: two women who were once the best of friends and now couldn't even manage to acknowledge each other's existence.

S. kept her head down, gaze on the sidewalk. The moment passed. I could have reached out, tapped her on the arm. But I didn't. As my breath slowed, I began again the conversation I'd played out in my head dozens of times over the years. *This has been so silly*, I wanted to say. No, that wasn't quite right. *I'm sorry*. This was certainly true. *Can we try again?* I wasn't sure either of us would want that. Too much had happened in the intervening years. Children had grown up. Loved ones had died. We were no longer young. *How are you?* There it was, the truth of it. I wondered how S.'s life had unfolded. I wondered if she was happy. If her marriage was still strong, her children thriving. How her work was going. *How are you?* I watched as she slowly receded into the rush hour crowd.

This is a story about the stupid, unnecessary loss of a friendship. About stubbornness, rigidity, pride and emotional stinginess. About the way misunderstanding and distrust, if left untended, can sprout like tangled weeds in a garden, choking what is beautiful and true at its very root. It is a story about the way we are often too hard on each other. We expect too much, find fault too easily, forgive too little. Most of all, this is a story about regret.

S. and I met at an artists' colony in Saratoga Springs, New York. I was a young writer, she was a young painter, and we

recognized in each other a shared sensitivity and a host of the usual neuroses that haunt creative types (guilt! shame! hypochondria!), all tempered by a fun-loving streak. Our friendship wasn't one of those fast and furious romances, marked by quick intimacy and oversharing. Ours was more of a simmering, rich stew. We were careful. Neither of us gave herself away too quickly. But as with the best of stews, there was a deepening, a mingling of flavors, a textured warmth. We shared our histories with each other—our complicated relationships with various family members,

academic job, I recommended her to the university where I taught. When my son was born, she was one of the first people to show up at the hospital. And when he soon became perilously ill, it was S. I called from the stoop of the doctor's office, petrified and weeping.

If I had projected our friendship into the future, I would have imagined us growing older together, sharing the stresses of parenting teenagers, dancing at our children's weddings, celebrating our successes, mourning our losses, holding each other tenderly through this journey, this lifetime. If our friends are the family we choose, then

I had the sense that she was quietly, privately disappointed in me. I was quietly, privately stung and hurt by her. I'd find myself reaching for the phone, then hesitating. *She probably won't answer anyway* was my bitter thought.

our romantic travails, our secret sorrows. We laughed together over endless cups of coffee. We showed each other our work in early form—my manuscripts, her drawings and sketches—in what is perhaps the ultimate measure of trust. I remember one sunny Sunday morning when, in despair about a structural problem in my third novel, I spent hours on the phone with S., sorting it out. That book, I think it's not an exaggeration to say, would not have existed in the world without her.

I thought I would know S. forever. Isn't that what we think of our BFFs? When S. got engaged, I threw her a bridal shower in my apartment. When my mother died, S. came each day to the shivah and quietly held my hand. When I married my husband in a wedding that was closer to an elopement—we invited only 18 guests—S. and her husband were there. I still have a black-and-white photograph of them from that day: S. in a pretty dress and denim jacket, her arms thrown around her handsome husband, her face lit with joy for me. When S. needed an

wouldn't it stand to reason that our old friends must be treasured? And yet so many friendships fall apart over the pettiest resentments. A friend is always late. Another friend forgets our birthday. Or doesn't show up at our holiday party. We hold our dear friends to standards we couldn't possibly live up to ourselves. And then, inexplicably, in a flash of self-righteous indignation, a friend for life becomes a stranger.

There were dark undercurrents in my friendship with S. Aren't there always?

Life had its way with both S. and me, as life tends to do. Her third child had some developmental delays. My son's illness was a long and scary chapter that left me raw and vulnerable. Our careers took different directions. I sold a book for a significant amount of money. S. struggled to find a gallery to show her work. I moved with my family from Manhattan to the New England countryside. S. and her family decamped to Brooklyn. It was harder to find the time to laugh over coffee, or pore over drawings and manuscripts, or

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VOICES

FRIENDSHIP

dig into the meaty truth of our lives. The years were churning by. Our kids were toddlers, then middle schoolers.

Small insults accrued. S. had always been a more private person than I. She had a more depressive nature and tended to hide out, not answering her phone. When I'd call and leave messages on her voice mail, I had the sneaking suspicion that she was screening calls and not picking up. I began to take it personally. There were other, larger insults. S. was diagnosed with stage 0 breast cancer, and she broke this news to me via an email that read "Bad News" in the subject line, and then "I have cancer" in the text. Receiving the news in an email stunned me. I picked up the phone instantly and called her, but she didn't answer. I covered her academic classes while she was in the throes of treatment, but I didn't go to the hospital to keep her company. I didn't know the protocol. She was my first friend facing cancer of any kind, and I didn't know that I would be welcome, even needed, at the hospital. Her reserve deepened, and I had the sense that she was quietly, privately disappointed in me. I was quietly, privately stung and hurt by her. I would find myself reaching for the phone, then hesitating. *She probably won't answer anyway* was my bitter thought.

One morning, I lost it. I wrote S. a snippy, mean-spirited email. I didn't pick up the phone or ask her to get together. Instead, I made the mistake of hiding behind my laptop keyboard for an important, emotional communication. I think now of S. opening that message from me and being shocked by its tone. Within minutes, she had fired off a response, calling my note passive-aggressive in the extreme, and she was right. I saw it immediately—that I'd screwed up by writing her the way I had—and I wanted to apologize, to fix things between us. This time I picked up the phone and called. Naturally, she didn't answer.

Our friendship, left unnourished for far too long, snapped like an old dry twig. A decade has passed since that impulsive, fateful flurry of hurt feelings and anger. S. and I have never spoken again. When mutual friends ask me what happened, I have no satisfactory answer. There was no terrible betrayal, no deceit, no malicious intent.

Rather, there were two proud, sensitive women not yet old enough to understand that what existed between them—however imperfect—was something irreplaceable.

I've made peace with the fact that S. and I are not likely ever to make up. I've told myself that I'm better off without her, that beneath her diffident nature she had issues with me—perhaps envy, perhaps disapproval—that were at the root of her distance. But who among us hasn't felt a flash of envy toward a friend or a moment of secret disapproval? What's required to keep a lifelong friendship, well, lifelong is a willingness to forgive each other our humanness. What would have happened if I had shown up at S.'s door and gently but clearly told her she'd hurt my feelings? What would have happened if she had done the same?

You didn't come to the hospital.

You never answer your phone.

Sometimes I don't think you care about making time for me.

I wish you had let me get closer to you.

I've learned a great deal from the loss of my friendship with S. I've learned not to allow hurt feelings to fester. The strongest friendships are ones that have withstood the test of confrontation. It isn't easy, I know. Our voices shake. Our palms grow damp. Our hearts beat a little faster. But when we tell our friends the truth of our hearts—even when it's scary, *especially* when it's scary—we are allowing ourselves to be seen and known.

Once in a while, I'll notice two young women walking down the street with arms linked, or at a bar, heads bent together in deep conversation. Hold on to each other, I want to tell them like some crone who has been around long enough to recognize the mistakes she's made. Maybe you'll grow in different directions. Maybe you'll even grow apart. You won't like the way she sends back food in a restaurant. Or the way she's always cold and needs an extra sweater. You don't need to like each other all the time. Just show up. Tell the truth. And be kind. If you're lucky, someday you'll be two old ladies who have stuck by each other all their lives, come what may. ☺

DANI SHAPIRO is a memoirist and novelist whose latest book is *Still Writing: The Perils and Pleasures of a Creative Life*.



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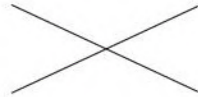


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RACHEL WEISZ



BELIEVES IN KEEPING
IT REAL AND ADMITTING TO
YOUR MISTAKES

*(which she claims to have made,
despite winning an Oscar and marrying
James Bond)* BY JOHANNA SCHNELLER

PHOTOGRAPHED BY DAVID SLIJPER



STYLED BY TINA CHAI

IN ORDER



to really get Rachel Weisz, you have to know a few things about her and understand her answer to one simple question.

The few things: She has eyes that lock onto you and demand that you not bullshit her. She has two loves—superstar husband Daniel Craig and a nine-year-old son, Henry, from her former relationship with director Darren Aronofsky. She has a knack for picking juicy roles, from her Oscar-winning turn as an activist who gets murdered in 2005's *The Constant Gardener* to Michael Caine's unhappy daughter in the new film *Youth*. She seemingly has limitless career choices.

The question: "How are you feeling about this time of life?"

The answer: "Well," Weisz, 45, replies, smiling broadly, "everybody's aging, and we're all going to die." You hear her earthy, conspiratorial chuckle, and instantly you see that hers is the only possible true answer; any other is cowardly or pointless.

"Getting older, there's a reality about mortality," she continues. "But it's hard to be young, too. It's hard to not know who you are. My twenties were painful at times. Now I have wisdom and experience—I know what interests me in a way I didn't before. I'm much more focused on what matters to me. I waste less time. There's a huge relief in that."

No wonder Weisz's colleagues describe her as both terribly intimidating and a terrific hang. "She's focused, concentrated," says Ralph Fiennes, her costar in *The Constant Gardener*. "You feel her keen intelligence. You wouldn't call her light and frothy." He laughs. "But after half an hour with her, you can open up to her, you can tell her things."

"Rachel has just about everything going for her," says Colin Firth, who stars opposite

Weisz in an as-yet-untitled biopic about doomed British yachtsman Donald Crowhurst. "The remarkable thing is, she doesn't flaunt her intellect. If she knows she's beautiful, you don't get a sense of that either. So that's disarming." He mock-sighs. "Listen, she's an actor; she surely must be neurotic. But she hides it incredibly well."

"The thing about Rachel is, you always have a laugh," says Michael Caine. "We did one scene where she had a long close-up in a sauna, lying down, covered in mud. It was about five pages of dialogue, and she did it straight off. [And though the speech was sad] it was funny, lying there with each other. We just kept laughing."

Writer-directors Chris and Paul Weitz, with whom Weisz made *About a Boy*, had a tradition back in the predigital days when they shot on film: Every time they changed a reel, they dropped to the floor and did 20 push-ups. "The only person who ever did the push-ups with us, actors or crew, was Rachel," Paul says. "I think that's indicative of something. She has incredible emotional facility, yet she's a regular Joe. She has a perverse sense of humor that's extremely enjoyable. She's game for everything."

Weisz is a born iconoclast. Growing up in London, she was a tomboy, forever atop the tallest tree or fastest bike. "I wouldn't let my mum brush my hair," she says. "My agent in England was a year above me at school, and she remembers that my socks never matched and my hair was wild."

Both her parents' families fled to England to escape the threat of the Nazis: Her mother, Edith, a teacher and psychotherapist, was originally from Vienna; and her father, George, a mechanical engineer who invented

an artificial respirator, was born in Hungary. She describes them as brilliant, original. Her father was always taking apart something, such as their washing machine. "He finds incredible beauty in industrial design," Weisz says. "He would say that I'm exactly like him." She drops into his thick Hungarian accent, which she says he never lost: "Ah, my daughter, she looks exactly like me." She calls her mother, who as a girl in Cambridgeshire gave American GIs lessons in German and French, "intellectually provocative. She's cheeky."

"They're Central European, not English, so they're much more passionate and demonstrative," Weisz continues. "Tennessee Williams in North London would be about the tone." Their divorce, when Rachel was 14, was "impactful, but it wasn't a surprise," she says. She and her younger sister lived with their mother until they finished school, but both parents stayed in their lives "in equal measure," she says.

Weisz attended St. Paul's Girls' School, "the most academically rigorous school in England," says Chris Weitz, who went to the brother school across the river (and often got Weisz's mail because of their similar surnames). "The school fosters individuality and eccentricity. Rachel's a super brainiac." Her favorite class, Weisz says, was advanced history of art "with Miss Evans, the greatest teacher ever. She taught me so much through the prism of the history of art. She'd talk about the paintbrush in postimpressionism"—Weisz mimes painting vigorously—"as the phallus attacking the female form, so you see the lashes of the phallus on the body. I thought, Wow, this is so exciting!"

At Cambridge University, "Rachel was the belle of the ball, out of my league," Chris

Weitz says (they both studied English literature there). She appeared in student productions; after graduation, she worked in TV and films almost immediately. Her breakthrough, 1999's *The Mummy*, opposite Brendan Fraser, was followed by *About a Boy* three years later.

The Constant Gardener announced Weisz as an actor's actor. Fiennes remembers her as "tenacious" about reshooting a key hospital scene she felt she hadn't nailed and also, on a night off, game to hit Berlin's famed Kit Kat Club in "sexy leather wear" with Fiennes, costar Danny Huston and her sister, Minnie.

Since then, she's gravitated toward auteur directors and independent films: Aronofsky and *The Fountain* (they moved in together in New York City in the early 2000s, had their son in 2006 and split in 2010); Alejandro Amenábar and *Agora*; Terence Davies and *The Deep Blue Sea*. She's also appeared in bigger-budget fare (*The Lovely Bones*, *The Bourne Legacy*), as well as onstage, where she played opposite Craig in a 2013 revival of Harold Pinter's *Betrayal*.

But while Weisz was respected as an actor in those projects, they were so varied, it was hard for audiences to get a handle on her. "Just general confusion, it was," she says now, laughing. "I was taking whatever job came along. I'm getting more focused. I'm trying to choose the stories that I want to tell." About two years ago, she started seeking out material to develop and partners to produce it with, and she now has five projects in the works: a memoir, a story drawn from history and three novels, including Susan Minot's *Thirty Girls*, about an American journalist who gave a voice to teenage girls in war-torn Uganda.

"I think everyone should take her career into her own hands, whatever her age," Weisz says. "But me, I needed to have this much experience under my belt in order to do it. I've read a bunch of scripts at this point; I've made a bunch of movies. Now it's about refining the search, saying, I want to shine a light on this. This matters to me." Becoming proactive "didn't come out of something depressing," she adds. "It had nothing to do with, say, Hollywood ageism. It came out of going, Ooh, I could do this."

Weisz does admit, though, that she was "bored of doing certain kinds of stories"—those that don't delve into the nuances of their female characters. "Men get the more

complex roles," she says. "Things have become too glossy for women" in Hollywood films. "We have to be 'likable,' which is not very likable at all. It's hard to like someone who's just sweet. You want a real person, one who irritates you and mystifies you and frustrates you and makes you cry. You want everything from a character. Not to just stand there and look nice. *Likability* is code for 'Shut up and look good.'"

She recently read *A Room of One's Own* and was gripped by the questions Virginia Woolf poses: "How could there not have been female poets writing sonnets at the same time as Shakespeare and all through history?" Weisz wonders. "The male writers were writing about women: Lady Macbeth, Clytemnestra, Electra, Antigone—powerful, scary, complex women," she says. "Yet at the same time men

would say, 'Women are the weaker sex; they can't be trusted, they shouldn't be allowed to vote.' How does that add up? Madame Bovary, Anna Karenina—they may not be the best role models, but they're complicated and alive."

For all the stories she's developing, Weisz plans to play the lead. But in her new film, *Youth*, and the one after it, *The Lobster*, she was happy, as she puts it, "to play a supporting role in the vision of a director who thinks way outside a generic box. Those are equally fabulous adventures."

Yorgos Lanthimos's *The Lobster*, which recently won the Jury Prize at the Cannes Film Festival, is set in a dystopian parallel universe where being single is against the law. *Youth*, written by Oscar winner Paolo Sorrentino, is a moving exploration of love and loss in which Michael Caine plays a retired composer and



SALVATORE FERRAGAMO wool sweater; FERRAGAMO.COM.

× PAGE 74: BOTTEGA VENETA wool sweater and skirt; 800-845-6790. Ring throughout is Weisz's own. For prices and links to products, go to more.com/wheretobuy. ×



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TWO HAWKS YOUNG;
TAILOR: ANNA OUKOLOVA

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conductor on holiday at a posh Alpine resort with his recently separated daughter (Weisz).

The film is about “finding your youth, the youth within you, at any age. It’s about remembering that you’re still that person,” says Weisz. “Paolo and I are the same age: right in the middle of life. We’re looking back and looking forward, thinking, What do I want to do with this next half, based on the first?”

Weisz’s age, the number, doesn’t matter to her. (She spent her 40th birthday eating sushi with girlfriends in New York, where she lives, and going to see the performance artist Karen Finley.) She happily drops the name of her facialist, Joanna Vargas: “She does light

frequency. It’s meant to plump your collagen.”

Worrying about aging, Weisz maintains, is “kind of like thinking, What’s the point of life? If you start thinking like that, you’ve opened the box to anxiety, and anxiety is the enemy of grace. Because there is no remedy, not really. Anyone can obsess over their physicality at any age and be unhappy. The trick is not to think about it. Invest all that energy in something else, and you won’t care so much.”

Time matters to her. In her twenties, she could “waste weeks doing I don’t know what.” Now she wants to learn to play a musical instrument and speak Spanish. She wants “to be inspired by art, theater, film, dance.” She

and Craig live in the East Village. They love its little Japanese restaurants and Tompkins Square Park, where her son has played since he was born. Her voice rises during sociopolitical discussions (she became an American citizen in time to vote in the 2012 election but retains her British citizenship). She disdains Donald Trump (“He doesn’t exist”). She adores Bernie Sanders.

“As far as I can tell, Sanders is the only person talking about the poverty divide,” she says. “And saying mums should have 12 weeks’ maternity leave to bond with their children. I come from Europe—I believe we should pay more taxes and have the state look after those who fall through the net. Isn’t that what Jesus would do?”

In *Youth*, Caine’s character delivers a showstopping speech about how parenthood is a huge investment in creating memories, with an uncertain return. Weisz has no such qualms. “My love for my son is unconditional,” she says. “What I would do for him has no end. But I don’t have any theories on mothering.” Her mother was demonstrative and affectionate; Weisz is that way, too. Her parents hauled her around to museums and cultural events; she hasn’t repeated that. “Henry

would rather relax at home and read,” she says. “I think in my parents’ generation they were more scared. Maybe because I was first-generation English, for me to make it was important to them. Maybe that helped me become a success. But I’m more laid back. I’m very involved, but I don’t have any sense of what I think Henry should do.”

The one thing Weisz refuses to talk about is her four-year marriage to Craig. The two had known each other for years when romance sparked during the 2010 filming of the movie *Dream House*; they kept their relationship under wraps until they wed in 2011. “He’s just too famous,” she says. “It would be a betrayal. You have to protect your marriage. When you’re young, you tell your girlfriends everything. One of the great pleasures of not being an adolescent is that you don’t have to share everything. When you’re married, that door closes. The audience goes, and you’re in your own life.” Pressed for at least one domestic detail, she says, “We cook a lot. Daniel is a great cook. He doesn’t use recipes; he makes things up. He’s creative. He’s not scared. He goes for it.”

Caine recalls Craig’s arrival while they were on location in Switzerland shooting *Youth*: “Along comes Daniel, who starts distributing [glasses of] red wine. I thought, This is bloody good. I looked at the bottle, and it was a Château Mouton Rothschild. He’s extraordinarily generous.” Caine says Craig and Weisz “are an ideally suited couple. They do the thing that people do when they really, really know each other. They don’t [have to] say a lot. They can just look at each other and have an incredible understanding.”

What Weisz doesn’t hesitate to reveal is that she is happy, “really excited about the future. I feel like I’ve just got going. In order to have insight, you need experience. If you have experience, you have perspective. You’re not going to always be right. Life is mistake after mistake. But you have a greater judgment about things, and that’s a gift.”

It makes you kinder, she continues, which is another gift: “Life is an imperfect thing. The notion of perfection is a myth. The Lou Reed song ‘Perfect Day’ was about heroin.” She laughs. “So I have more empathy with human frailty and mistakes now.” Aging and death, she sums up, “are the human condition. Accepting that is the antidote to angst.” ☺

JOHANNA SCHNELLER @JoSchneller



MY RULE WHEN STRIVING TO ACHIEVE MORE IS . . .

Not to have any rules. With rules you create a rod to hit your own back with.

I WISH I HAD MORE TIME FOR . . .

Daydreaming.

MORE WOMEN SHOULD . . .

Be CEOs. I don’t want the world to be run by women only. Men and women balance each other out. But we need both.

THE WORLD COULD USE A LITTLE MORE . . .

Empathy. Understanding. Just listening.

WHAT IS MORE IMPORTANT TO YOU TODAY THAN IT WAS 20 YEARS AGO?

My health. I used to smoke. I quit about a month ago. [She grins wryly.] No, a while ago.

MORE WOMEN SEEK TO AGE GRACEFULLY. WHAT’S YOUR ADVICE?

I once did an interview with a friend, and she said, “Don’t you think Botox should be banned, like steroids for athletes?” I said, “Yeah, yeah!” And that became this quote of mine, when in fact I think people should do whatever they like, whatever gets them through the day.

STEPHANIE MARCH, 41 ✕ COFOUNDER OF ROUGE NEW YORK

“It’s nice to flex your muscles in another arena and find out you’re good at it.”



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BY DIDI GLUCK

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ELEANOR LANGSTON, 34 ✕ FOUNDER OF PAINTBOX

"I surprised myself with how much I knew."



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YEN REIS, 36 ✕ FOUNDER OF SKIN LAUNDRY

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JODIE PATTERSON, 44 ✕ COFOUNDER OF DOOBOP

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Welcome to the age of beauty hyperspecialization, in which tending to one part of the human anatomy can be a viable business. A hyperspecialized salon offers just one service, such as gel manicures (don't even think of asking for a pedicure) or hair extensions or YAG laser treatments. Why the trend toward singular services? Consumers are seeking "best-in-class experiences in all walks of life," says Vennette Ho, managing director of Financo, an investment-banking firm in New York City. "The narrower a business's offerings, the more it is perceived by consumers as a leader in its particular field." Consider it akin to going to a restaurant that serves only meatballs versus one that offers pizza and sushi, too. Your smartphone is also to blame, says Karen Grant, global industry analyst for beauty at the National Products Development Group. "Rather than one-stop shopping, we've grown accustomed to cherry-picking our goods and services the way we do our apps," she says. In short, we want what we want, and we're willing to spend a bit more to make sure it's top quality.

If you've got a big beauty idea you know would fly, this could be the time to go for it, since "the beauty pie just keeps getting sliced and sliced and sliced," says Wendy Liebmann, CEO of WSL Strategic Retail. So as you read the success stories that follow, take inspiration—and maybe notes, too. Who knows: You could be the doyenne of the first multi-million-dollar earlobe empire.

STEPHANIE MARCH ROUGE NEW YORK

As a star of NBC's *Law & Order: Special Victims Unit*, March spent hours in the chair of Rebecca Perkins, the TV show's key makeup artist. After hours, when the actress would leave the set to meet friends for dinner, her face still perfectly done up, she'd think how great it was to have a personal makeup artist. Three and a half years ago, while getting prepped by Perkins, March shared her thoughts. Hair salons, March noted, frequently don't have a makeup artist on duty. And even when they do, the cost can be prohibitive. To March's surprise, Perkins said, "So let's open a makeup-only salon. We're the perfect people to do this."

What followed was a year and a half of really hard work. "The most daunting thing was finding a brick-and-mortar place in New York City that was not only affordable but desirable," says March. There were also delays in construction. "Doing makeup was the easy part," she adds.

In preparation for the opening, March and Perkins studied women getting their makeup done at department store counters. "After a makeover, people would walk away with \$30 to \$50 worth of products they didn't need," says March. From this, she and Perkins arrived at their fee for service: \$50 for a basic, nonevent look. And while the salon does sell all the products it uses (a well-edited collection of cosmetics, including a signature Rouge line; rougeny.com), March says she and Perkins keep the focus on the service, not the sale.

Now, two years later, they are about to open a second boutique in Manhattan. There's a business adage that the first year you open, the second year you grow, and the third year you get your investment back. "We're ahead of that schedule," says March.

ELEANOR LANGSTON PAINTBOX

A former beauty editor at magazines such as *Cosmopolitan*, *Self* and *Fitness*, Langston left her office job in 2012 to write freelance and start a family. "From the manicurists I had been interviewing for stories, I knew that the nail-art thing was happening," Langston says. But there was no place she could go to get the manicure she wanted without spending a lot of money (up to \$180 for seriously tricked-out tips) and time (up to three hours). By the end of the year, with a new baby in tow, she decided New York City was ready for Paintbox, a fingernail-art-only salon.

Working with a business partner, Julie Kandalec, a manicurist she'd known for years, Langston decided to break things down for consumers the way magazines break things down for readers. That means that as customers enter Paintbox, they are given a "look book" with several nail-art options (as well as single shades) to choose from. The finishing touch? A photo box, where women can have their manicures photographed and post the images to social media. Prices range from \$35 (for a single-shade regular polish) to \$68 (removal plus a design with gel polish).

Because of consumer demand, the company has grown from 12 to 50 technicians, and Kandalec was asked to design the nail looks for five runway shows at New York Fashion Week in 2015. Says Langston: "As a magazine editor, I always wanted to help women navigate the world of beauty. Now I'm doing it firsthand." Literally.

YEN REIS SKIN LAUNDRY

After giving birth to her third child in Singapore, where Reis had been living for 12 years with her husband, she developed acne, which her doctor treated with a YAG laser at a very low setting. The YAG—a nonablative laser, meaning it works below the surface of the skin while leaving it intact—addresses everything from excess oil production to discoloration, saggy skin and wrinkles. A higher setting ensures speedier results, but it's not exactly fun for the patient (think severe discomfort, followed by scabbing). "My doctor said, 'I'd rather you came more often so I could do the treatment at a lower level,'" says Reis. It not only cleared up Reis's acne but also left her skin radiant.

A few years later, Reis and her family moved to San Francisco, where she was unable to find a similar treatment to keep her acne in check and her complexion luminous. So with help from a dermatologist friend, she took the leap in 2013 and opened Skin Laundry, a salon offering 10-minute YAG laser treatments that deliver deep skin cleaning and rejuvenation with no downtime.

The start-up costs were steep—about \$1 million—and Reis and her husband, who had both worked in finance, self-funded the venture. But as the business grew, they acquired investors. "Our banker friends saw what we were doing and said, 'How can I get involved?'"

Two years later, Skin Laundry has nine clinics in Arizona, California and New York and recently opened three locations in Hong Kong. Reis also launched a line of basic skin-care products (available at skinlaundry.com) to help her clients prolong their glow. Skin Laundry charges \$150 for a series of three treatments—about the price of one at a dermatologist's office. To those who are skeptical about a businesswoman opening what is essentially a doctor's office, Reis says, "I can see our results in our customers' faces. What we have is working."

VANITA PARTI
BLINKBROWBAR

In the early 2000s, before Parti got into the beauty business, people used to stop her on the streets of London, where she worked as a brand manager for British Airways, to find out where she'd had her brows done. "At the time, all things Indian were being celebrated in a big way in Britain," says Parti, who'd actually been traveling out of the city to get her brows threaded. (For the uninitiated, threading removes hairs one at a time between two pieces of very fine string. It's a common practice among Indian women like Parti.) "The finish is very clean, and it's not as hard on your skin as waxing or plucking," says Parti. "So I thought, Wouldn't it be great to provide a service that people really need, which would also tap into my heritage?"

Parti launched her first Blinkbrowbar in 2004 in London's Fenwick department store as a pop-up boutique. The initial investment was quite low: £10,000 (then about \$15,500). Soon thereafter, Parti introduced brow products (available at blinkbrowbar.com), and she opened several more boutiques at department stores, such as Selfridges, Harvey Nichols and SpaceNK. Blinkbrowbar opened in Saks Fifth Avenue in New York City in 2014. "If I had done market research before I started my business, I would have found out that people had no clue what threading was and certainly weren't about to have it done in front of anyone," says Parti. "But I think you need to have a feel for what people want." Here's to flying blind: Her projected earnings for 2015 are \$8.5 million.

MONICA THORNTON
RPZL

If you're a busy international human rights lawyer for the Vera Institute of Justice in New York City with young children and a hectic travel schedule (Congo, Haiti, South Sudan), you have little time to spend on your hair. That caught up with Thornton in 2010, when she'd just had her second child and her hair, she says, "just wasn't quite what it used to be." A family member suggested extensions. But where was a salon offering extensions that were (a) well priced, (b) applied by pros and (c) available on demand? (At some salons, you need to preorder your extensions.)

Ever the researcher, Thornton investigated the extensions industry and, convinced she could provide the service effectively and efficiently, left her day job in 2013, took on a business partner, Lisa Richards, and opened RPZL. At the extensions-exclusive salon, a gigantic array of hair is available so that there's always a hue and texture to match yours. Stylists can attach the extensions in several ways (using ultrasound keratin bonds that last for months, for \$550 to \$850; tape bonds that last for weeks, for \$350 to \$550; or temporary clip-ins, for up to \$250, depending on how many are used), so that you'll get exactly the results you're after. Their initial funding, about \$1.5 million, was raised from family and friends. But just six months after opening in New York City's Flatiron neighborhood in February, the salon had earned back the investment.

"We didn't do anything new—extensions have been around since the time of the mummies," says Thornton. But they did it better. At RPZL (short for Rapunzel), the partners' long-term goal is to become the world's foremost innovators in add-on hair. To that end, RPZL is launching a line of clip-in extensions and ponytails (\$100 to \$350, available at rpzl.com) so that women far beyond the salon will have a quick, easy, affordable off-ramp from bad-hair days.

ALLI WEBB
DRYBAR

In 2005, after 15 years of working as a stylist in hair salons, Webb left the business to start a family. But her clients and friends, who coveted her perfect blowouts, weren't having it. So Webb began visiting them in their homes. "I'd always ask them, 'Where do you go when I can't do your hair?'" says Webb. Repeatedly, the answer was to their salon stylist, who was often costly—and sometimes aggressive about cutting their hair, not just styling it. "That's when it occurred to me that there were no shops focusing strictly on blowouts," says Webb. "Having curly hair myself and drying it straight my whole life, I thought, If anyone's going to bring this service to light, it's going to be me."

During the year that Webb operated her at-home business, she mulled over her idea with her husband and her brother. The three eventually sank their life savings, \$250,000, into their first Drybar ("No cuts. No color.

Just blowouts") in Brentwood, California, in 2010. "I knew that if I priced the service low enough [a blowout at Drybar costs \$35 to \$45, depending on the salon's location], people would come back more frequently, which benefits both the stylist and the consumer."

By the end of the year, there will be close to 55 Drybar locations across the U.S.; last year the company took in \$50 million, much of which it funneled into growth. Drybar now also boasts a robust product line available at thedrybar.com. Good idea? Darn straight.

JODIE PATTERSON
DOOBOP

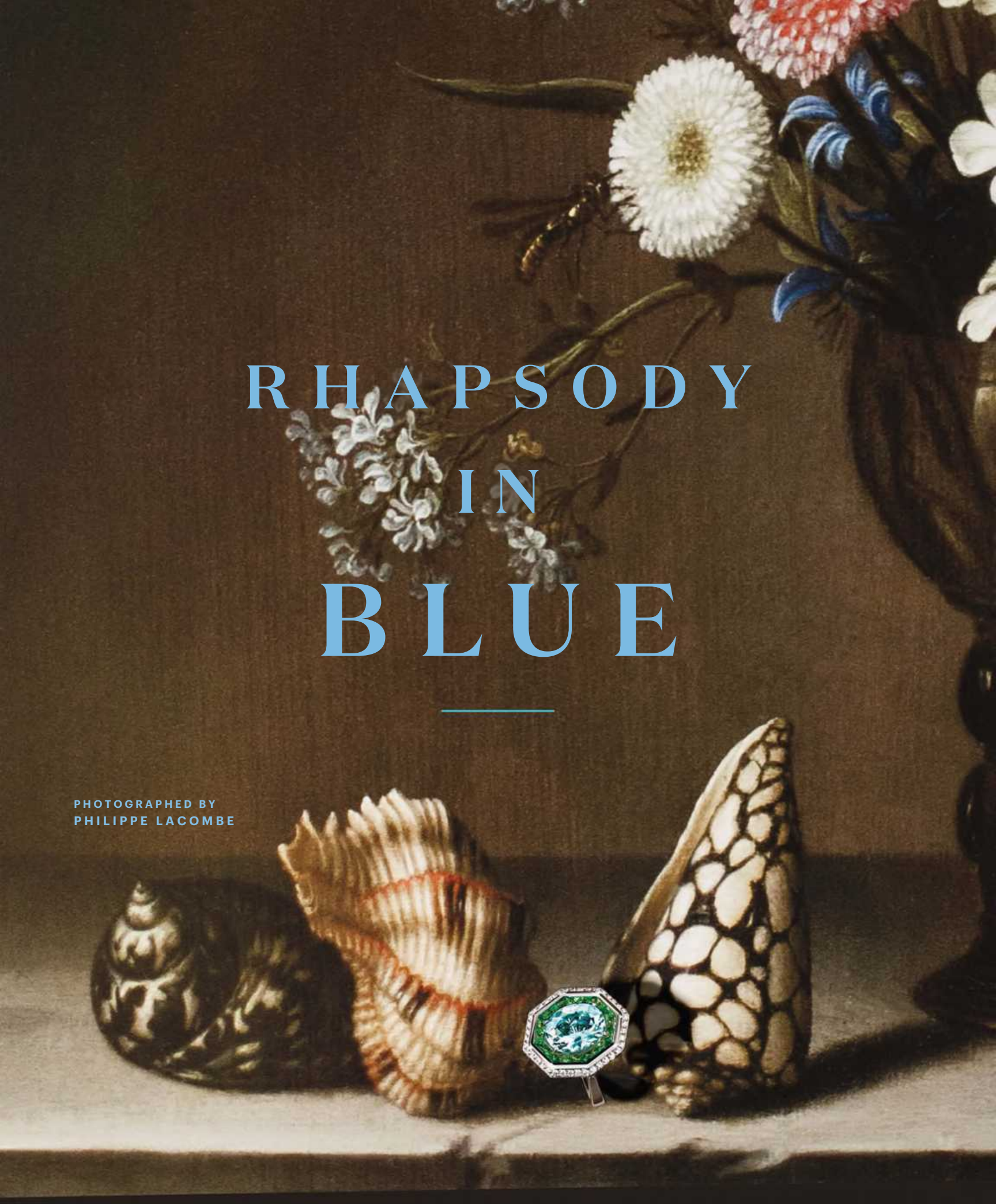
Until 2013, when Patterson launched DooBop—a website that sells beauty products for a wide range of skin types—she thought beauty was one of the last places in the world where segregation was treated as normal. "In beauty it's always been 'Black girls do this, Asian girls do this, and white girls do this,'" she says. "But all those groups overlap in certain areas, such as coarse, curly hair or skin discoloration." Wanting to reach people of all backgrounds, the brick-and-mortar shop owner (she had a beauty and fashion boutique in Brooklyn) decided to close her store and move to the digital space. And it worked. "I promptly joined the community of women who were blogging about what it means to be beautiful now, in a global sense," she says. One person who responded to her writing was Benjamin Bernet, a former L'Oréal executive, who suggested they meet. "He was really into e-commerce, and I was really into talking. When we finally sat down together, we realized we were on the same page about so many things that it was like, Here we go!" Patterson says. Bernet became her business partner, and they began raising money to launch their site, which is part e-commerce (offering products that work across all ethnicities), and part editorial. "I like to write about uncomfortable topics that other outlets don't always cover," she says. Their pitches for funding were immediately successful, so it took only a year from the time Patterson and Bernet met to launch DooBop, and their growth has been strong and steady. "We started with about 20 brands, and we now have just under 70," she says. In 2014, DooBop was endorsed by Oprah Winfrey. "It's wonderful how personal a virtual community can be," Patterson says. ☺

A detailed oil painting of a bouquet of flowers, including white and pink roses and blue hydrangeas. A diamond necklace with a large blue tourmaline pendant is draped over the flowers. The pendant is oval-shaped with a faceted blue stone surrounded by a ring of diamonds.

**THE COLOR BLUE
HAS LONG
SYMBOLIZED WISDOM,
CONFIDENCE AND
FAITH—A REASON,
PERHAPS, THAT INDIGO-
HUED STONES
HAVE ADORNED THE RICH
AND ROYAL FOR
CENTURIES. BY THE
LOOK OF IT, THE
POWER OF THE BLUE
STONE ENDURES**

TIFFANY & CO. tourmaline pendant with diamonds; TIFFANY.COM. OPPOSITE: ROBERTO COIN 18k white gold ring with diamonds, aquamarine and green garnet; NEIMAN MARCUS.

Painting details photographed at the Louvre.



RHAPSODY IN BLUE

PHOTOGRAPHED BY
PHILIPPE LACOMBE

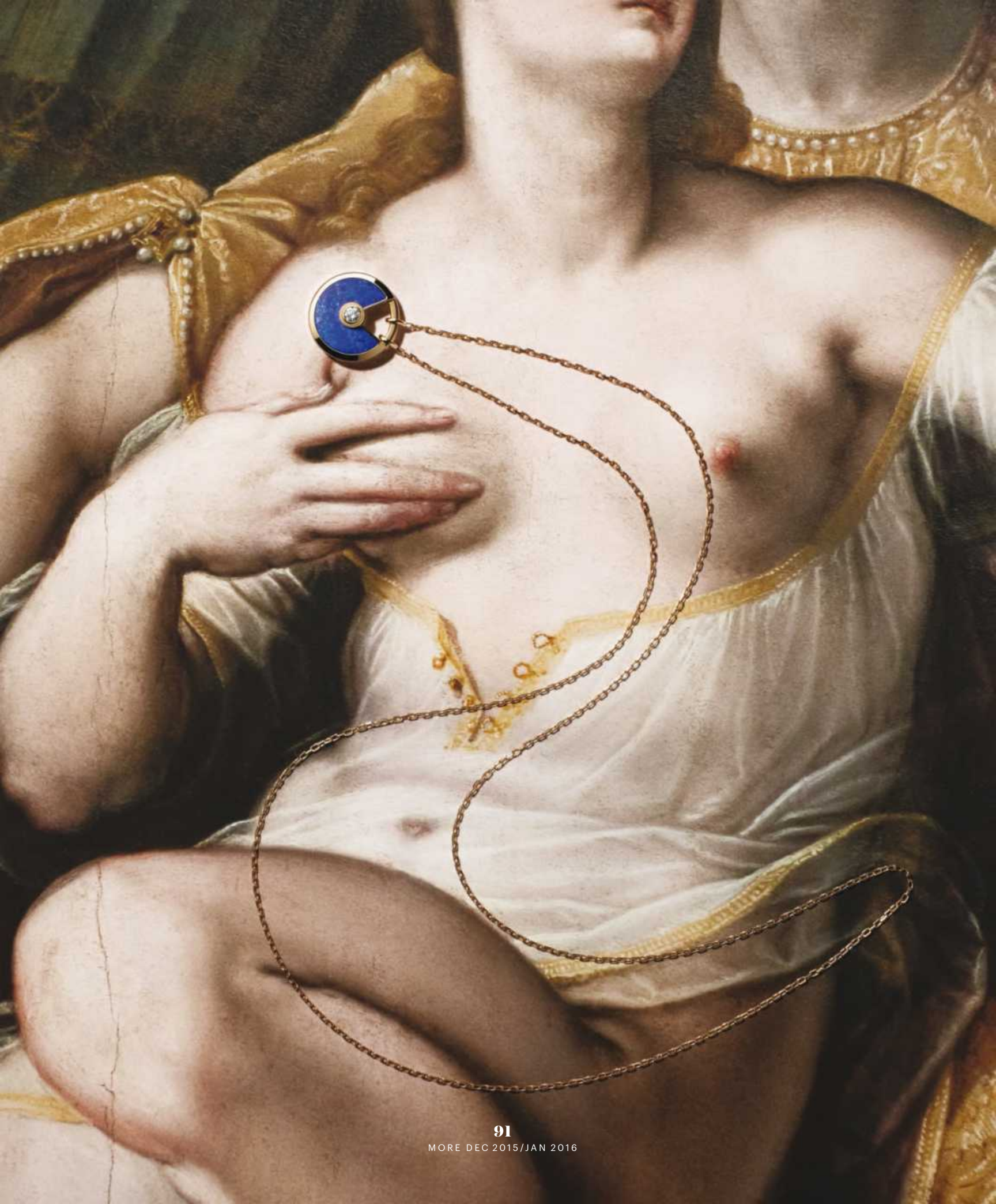


JOHN HARDY sterling silver necklace with blue topaz and white sapphires; JOHNHARDY.COM.
OPPOSITE: **COOMI** 18k white gold earrings with emeralds, sapphires and diamonds; SAKS FIFTH AVENUE.





DE GRISOGONO white gold ring with blue sapphires and white diamonds; DEGRISOGONO.COM.
OPPOSITE: **CARTIER** 18k yellow gold necklace with lapis lazuli and diamond; CARTIER.US.





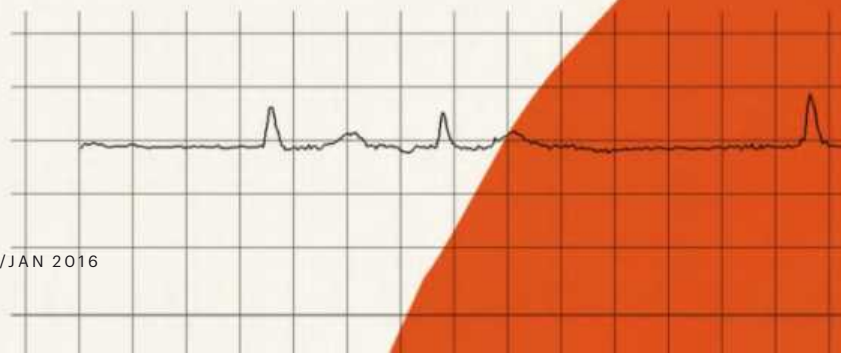
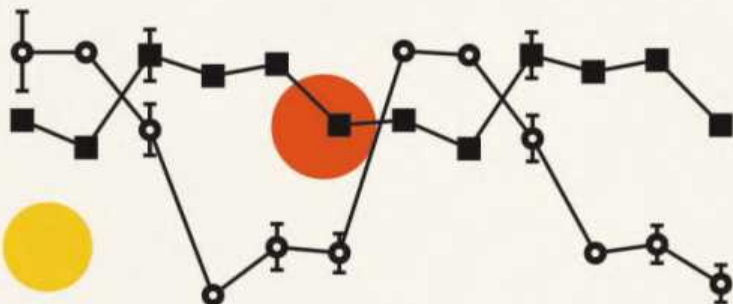
DIOR FINE JEWELRY white gold ring with diamonds, aquamarine, pink sapphires and white mother-of-pearl; 800-929-3467. OPPOSITE: **ASSAEL** South Sea cultured pearl necklace with platinum, diamond and sapphire clasp; NEIMANMARCUS.COM. For prices and links to products, go to more.com/wheretobuy. ©

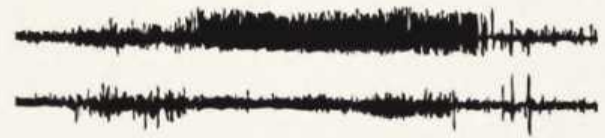




YOUR PERSONAL ENERGY- MAKEOVER PLAN

ILLUSTRATED BY
CRISTIANA COUCEIRO





● BY GINNY GRAVES



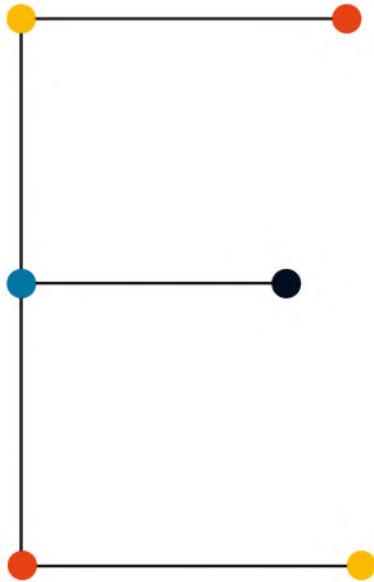
ARE YOU
PHYSICALLY,
EMOTIONALLY OR
MENTALLY DRAINED?
MAYBE ALL THREE?

RENEW YOUR
VITALITY
WITH THESE
JUST-FOR-YOU
STRATEGIES



-	+	+	-	-
-	-	-	+	+
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EXHAUSTED. Depleted. Wiped out. Call it what you will, but many of us are pretty freakin' tired. Sure, you can blame the usual culprits—pinging iPhones, binge-worthy Netflix queues, infinite to-dos—but according to a number of experts, there's a way to deal with our energy crisis that most of us are ignoring. "We're so focused on feeling tired, it's easy to forget that personal energy is a reservoir that not only gets depleted but also can be filled up," says Thomas W. Britt, PhD, a professor of psychology at Clemson University and coauthor of the recent book *Thriving Under Stress: Harnessing Demands in the Workplace*. Energy levels vary from person to person, he points out, and we're each energized or exhausted by different things. "So if you know yourself well enough, you can make conscious, proactive choices that will help you feel more energetic throughout the day," Britt says. The secret: identifying the kinds of activities that drain and sustain you. Here's how to create your own energy-optimizing blueprint.

MANAGE YOUR THREE TYPES OF ENERGY



YOU'VE been doing paperwork for hours, and the numbers have become a meaningless jumble. Your brain is tired, but here's a pleasant surprise: Even though you *think* you're totally spent, you probably have plenty of gas left in the tank as long as you turn to a different kind of task—yanking the crabgrass from the garden, say, or counseling a friend through her latest relationship crisis. "There are actually three categories of energy—physical, emotional and mental—and if one gets drained, the other two may still be high," says Britt. It's likely that you have more stamina in one category than in another, he adds. For instance, you may have no problem hiking 10 miles, but one phone call with your sibling makes you feel as if you need a nap.

Understanding these three types is key to managing your energy. Start by figuring out which category you're strongest in, says Britt. Then, when you're feeling tired, think about which reservoir is low and revive yourself by pulling from a different one (probably your strongest). What follows: a strategy for drawing on all three of your tanks.

1

PHYSICAL ENERGY

THINK of this as the most basic kind of energy. "It has to do with biology and how well your body is functioning. Physical energy provides the underpinnings for all the other dimensions," says Dana Bilsky Asher, PhD, senior vice president at the Energy Project, a leadership development and consulting firm in Yonkers, New York, that focuses on creating more purposeful work environments.

WHAT DEPLETES IT You burn physical energy primarily through moving your body—

ANYTIME PICK-ME-UPS

PUT ON SOME MUSIC

Hearing some tunes activates the movement-related areas of the brain, so even if you're sitting still, you may feel as if you're doing a happy dance, says Jessica Grahn, PhD, a music neuroscientist at Western University's Brain and Mind Institute in London, Ontario. Music improves your mood by prompting the release of dopamine in the brain's reward center, just as food and sex do. The caveat: "Music improves mood and energy only when it's what you enjoy," says Teresa Lesiuk, PhD, associate professor of music therapy at the Frost School of Music in Coral Gables, Florida. Some people like to listen to classical music in the morning and Guns N' Roses in the afternoon. Some are distracted by lyrics if they're trying to concentrate, while others aren't. "There's no prescription. Choose the music that energizes you," she says.

and the more intense and prolonged the activity, the more you drain it.

YOUR FAST FIX When you're physically low, draw on a different kind of energy by, for instance, meeting a friend for lunch (your emotional energy) or reading the study or report you've been wanting to dig into (your mental energy). Your physical energy will need time to recharge, but in the meantime you can keep going, just in different directions. "Interest drives engagement, which can revive you," says Asher.

HOW TO FORTIFY YOUR RESERVES Exercise regularly to promote healthy muscles and a strong cardiovascular system. Muscles are the engine that drives all bodily movements. They in turn are fueled by mitochondria, structures within cells that convert food to energy, explains Adam Santanasto, PhD, a postdoctoral epidemiology scholar at the University of Pittsburgh who studies these small powerhouses. "The more of them you



have and the better they function, the higher your overall energy levels will be,” he says. Both aerobic and strength workouts are important for muscle quality, he adds.

But if you don’t exercise regularly, start slowly. University of Georgia researchers found that sedentary people who felt chronically tired got more fatigue relief from 20 minutes of low-intensity stationary cycling (the equivalent of a leisurely walk) than did those who worked out for the same length of time at a moderate intensity—a finding the researchers chalked up to the possibility that

moderate-intensity exercise may be too taxing for people whose energy is at a low point.

Whether or not you exercise consistently, if you’re dealing with intense stressors or not sleeping well, this is not a good time to ramp up your workouts. “The higher the exercise intensity, the more you can deplete your already-low reserves,” says Michelle Segar, PhD, a motivation scientist at the University of Michigan and the author of *No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness*. »

ANYTIME PICK-ME-UPS

GET OUTSIDE

University of Rochester researchers found that being outside (or looking at nature photos) lifted participants’ vitality. “Getting away from technology and breathing fresh air are two of the quickest and most reliable ways to boost energy,” says Heidi Hanna, PhD.

DO YOU HAVE AN ENERGY SET POINT?

EVER wonder why your friend can get up at 5 AM, hit the gym, juggle meetings and a team of employees at work, then put a healthy, home-cooked dinner on the table by 7 PM, when merely thinking about her day makes you want to nap? Her high energy is at least partly due to genes, says Cindy Geyer, MD, medical director for Canyon Ranch in Lenox, Massachusetts. Researchers who’ve looked at traits related to energy in twins conclude that 11 to 51 percent are inherited. Other factors also figure in. “Your daily stress levels, mood, dietary habits, fitness level and relationship quality play a large role in how vibrant you feel,” says Geyer. And, yes, your get-up-and-go may dwindle with age, says Nancy Glynn, PhD, assistant professor of epidemiology at the University of Pittsburgh. That’s partly because mitochondria, structures within cells that provide about 90 percent of our energy, become sparser and less effective as you grow older. But you have some control over the extent to which that happens, says Adam Santanasto, PhD, of the University of Pittsburgh. “Strength training generates additional muscle tissue, which gives you more mitochondria, and aerobic exercise improves the efficiency of your mitochondria, which means they’re able to produce more energy.”

SECRETS OF REAL-WORLD DYNAMOS

"I journal every morning while having my coffee. I reflect on the things I've recently accomplished and jot down ideas for coming months. I also write about how I'm feeling and come up with plans to fix problems. It's about tossing out the toxic stuff, celebrating the successes and laying the ground-work for a positive day."

NANCY A. SHENKER, founder and CEO of theONswitch, a marketing firm in New York City

"Instead of saying, 'Today was a bad day,' I say, 'Tomorrow will be better.' Being able to look on the bright side definitely contributes to high energy."

SANDY BODEAU, Miami-based founder of the accessories line Sira & Mara

"I use physical movement strategically. I exercise first thing in the morning to help me wake up, then take a walk or make sure I move around in the midmorning and midafternoon, when my energy tends to slump."

CHRISTINE FRUECHTE, CEO at Colle + McVoy, an advertising and marketing firm in Minneapolis

"I nap just about every day, whenever my focus starts to jump around. After 20 minutes, I'm renewed."

MARY ANN RIDENOUR, freelance court reporter and clothing designer in Summerville, South Carolina

"I begin every day with an hour of quiet time—meditating, reflecting and praying. Then I write down my three priorities for the day. I'm a single mom working from home, so it's important for me to keep my energy up."

ELIZA CROSS, owner of a marketing firm in Centennial, Colorado

2 EMOTIONAL ENERGY

THIS kind of energy comes not only from your mood—happiness is associated with higher energy, depression with lower—but also from your perception of events and vision of the world, Asher explains.

WHAT DEPLETES IT Your emotions are taxed when, for instance, you have a confrontation with your spouse, offer sympathy to a friend who is in the midst of a divorce or try to hold back tears during a conflict with a coworker. "Acute stress drains your battery quickly by triggering an energy-intensive physiological response," Asher notes. "Your heart rate and blood pressure go up, and you release toxic chemicals like adrenaline and cortisol that wear you out." Chronic stress is a serious source of fatigue because these kinds of physiological assaults happen day after day.

YOUR FAST FIX Emotionally wrecked? Pick up a book. Not only will it distract you from your stressors, but some light reading, which uses mental (but not emotional) energy, can also relax and revive you. Or charge up again by breaking a sweat. Physical exercise can supply emotional energy, as demonstrated last year when researchers in the United Kingdom found that a half-hour lunchtime walk could boost formerly sedentary people's mood and ability to handle stress at work. "Because exercise triggers the release of feel-good chemicals, it is a natural stress fighter and antidepressant," says Segar.

HOW TO FORTIFY YOUR RESERVES Stoke your emotional energy by generating positive feelings, Britt says. This usually requires an intentional effort, since our brains have a negativity bias and tend to remember—and dwell on—the bad things that happen. (Blame evolution: Remembering dangerous things, then avoiding them, keeps us safer.) So make it a goal to shift into positive mode. "What makes each person happy is completely individual, so think about the times at work and at home when you have felt up and positive. What were you doing?" Asher says. What works for almost everyone, according to Britt: finding

meaning in your daily activities. "Work that feels significant and utilizes your abilities and interests burns less energy than something that feels meaningless," he says.

ALSO IMPORTANT Surround yourself with people who fill you with positive vibes. "Feeling safe, effective and valued is a huge mood and vitality boost. Ask yourself, Which people in my life foster my personal growth and sense of myself, and which rob me of those things?" says Segar. People who listen to you and want what's best for you can increase your energy; those who make you frustrated, stressed and uncertain drain it, Britt says.





ANYTIME PICK-ME-UPS

TAKE A CAFFEINATED NAP

Drinking coffee before a 20-minute lie-down can refresh you more than having either a cup of joe or a snooze by itself. Why this works: It takes about 30 minutes for the caffeine jolt to hit, and by then the shut-eye has cleared adenosine, a chemical associated with drowsiness, from your brain.

3

MENTAL ENERGY

YOU tap this form of energy when you call on your intellectual muscles to tackle problems both large and small.

WHAT DEPLETES IT Activities such as writing reports, analyzing data, reading complex material, brainstorming in meetings and answering emails. But even choosing items from a dinner menu exacts a price, because all decision making requires mental discipline, according to research at the University of Minnesota. “Mental tasks burn through glucose and oxygen at a high rate,” says Asher. That’s why the more choices you make throughout the day, the harder it becomes to make them, and working nights and weekends is a surefire recipe for burnout.

YOUR FAST FIX “Get out of your desk chair and do 10 jumping jacks,” says Pamela Peeke, MD, assistant clinical professor of medicine at the University of Maryland School of Medicine and author of *Body for Life for Women*. “This can ramp up blood flow to the body, including the brain, which makes you feel more alert.” Other options: Express gratitude to a colleague or friend or do something nice for someone. In a study conducted at Portland State University and the University of Michigan, employees said these positive actions boosted their vitality at work.

HOW TO FORTIFY YOUR RESERVES Develop a strategy to detach from work at regular intervals throughout the day—Asher suggests taking a break every 90 minutes—and especially at night. For instance, if you can swing it, refrain from checking email during your time away from work. “The resources we have to tackle projects and handle stressors often get used up during the day, so we need to take advantage of our off-hours to restore our energy,” says Britt. The goal: Get your mind off work and worries however you can. Doing low-key mental activities (such as reading a magazine), socializing with friends and exercising are associated with an increased sense of vigor, well-being and positive mood both at night

and the next morning, according to a 2013 paper written by researchers at Portland State University. An additional strategy is to educate yourself about something new. “Learning makes you feel more engaged, which, according to research, is key to recovering from the demands of work,” says Britt. So spend a half hour figuring out how to take great photos with your iPhone or enroll in a class on a topic you truly enjoy. “Everyone’s interests are unique, so let your own curiosity guide your choices,” Britt suggests. ☉

HOW TO GET ENOUGH SLEEP

“WHEN you’re awake, you wear down your physical and mental systems; when you sleep, you rebuild them,” says Michael Grandner, PhD, assistant professor of psychiatry at the University of Arizona. “So if you don’t have time for proper maintenance at night, you won’t have enough energy to function optimally during the day.”

The key to getting restorative sleep is waking up at the same time every day and then getting a quick hit of sunlight. “Your body needs to know it’s daytime to reset its internal clock, and there’s no stronger signal for that than the blue-spectrum light of daylight,” says Elizabeth Saenger, PhD, director of education at the Center for Environmental Therapeutics. Larks, who are more energetic in the morning, are more attuned to the regular light-dark schedule, but owls, who prefer staying up late, can ensure they sleep well and have energy during the day by leaving the blinds open in their bedroom to allow morning sun into the room. Both should avoid blue light (found in computer screens and handheld gadgets) after 9 p.m. You can get apps, screen filters or tinted glasses that filter out blue light.

GINNY GRAVES’s last article for *More* was “New Health Rules at 30, 40, 50, 60” in May.



BY
SUZANNA
ANDREWS



PHOTOGRAPHED
BY
DAN WINTERS

THE W I C C W 'S W A R —

THE MILITARY SAYS HER HUSBAND KILLED HIMSELF. **KIM STAHLMAN**
IS CONVINCED HE WAS MURDERED. AND SHE'S TAKEN ON THE MOST POWERFUL
INSTITUTION ON EARTH IN HER QUEST TO FIND OUT THE TRUTH

M



MORE THAN seven years later, Kimberly Stahlman still remembers almost every detail about the telephone call that marked the end of her life as it was. “They called my cell phone. At 5:30 in the morning,” she says, sitting in the breakfast room of her home near Greenville, South Carolina. It is 100 degrees outside; the blinds are closed, to keep the house cool—“Southern style,” she says, in a drawl that has an echo of country in it.

All around are traces of her old life. In the foyer, there is a family photo—two little girls sitting on a porch swing with their parents: Kim, her blonde hair cut in a bob; Mike, dark haired and sharp featured. In the background, Spanish moss drips from the trees; everyone is barefoot. The photo was taken at their home in Beaufort, South Carolina, when Mike was commander of the First Battalion at the Marine Corps base at Parris Island and Kim served as president of the Parris Island Officers’ Spouses Club.

There are also signs of her life as it has become—plastic file boxes open on the living room floor, documents spread out on the carpet in front of the huge fireplace, between the green and aqua sofas, and in her study upstairs. Witness statements, forensic photographs, ballistics and blood-spatter analyses. Thousands of pages.

Her husband was on a yearlong tour of duty in Iraq when the call came, on July 31, 2008. According to the Marine on the phone, Mike had been found in his bunk at Camp Ramadi at 8:45 that morning, with a bullet wound to his head, and it appeared he had shot himself. Alive but unresponsive, he was

being transported to Bethesda Naval Hospital. He never regained consciousness. Colonel Michael Ross Stahlman was 45 years old when he died two months later, on October 5, the day before his 21st wedding anniversary. He was one of the highest-ranking officers to die in the Iraq War.

Almost from the moment she’d answered the phone that day, Stahlman “knew that something was very wrong,” she says. The details didn’t add up: How, for example, did a right-handed man manage to shoot himself just above his *left* temple? In search of answers, she made calls, wrote letters and met with military investigators, congressional staffers and her senator, Lindsey Graham. She also brought together a team of her own forensic, medical and legal experts in what is now an ongoing crusade to get the military to reopen the investigation into Mike’s shooting, an investigation that she believes was critically flawed. In the process, Stahlman, 49, has taken on possibly the most powerful institution in the world—the U.S. military—and has come up against what she calls “the wall of brass.”

Stahlman has been dismissed as a widow in denial about her husband’s suicide. She has been shunned by former Marine Corps friends. A government investigative report referred to her as unable to “give up her ‘martyrdom’” and accept that she contributed to her husband’s death. To supporters, who include Stuart Bowen, the former special inspector general for Iraqi reconstruction, she is a brave woman of great strength, fighting for the truth about her husband’s death and also about the deaths of dozens of others, through Military Families for Justice (MFFJ), an organization she cofounded.

At a time when the U.S. is locked in a seemingly perpetual war, allegations of vast corruption are emerging, shining light not only on what war does to soldiers but also on how the U.S. military treats its own. Department of Veterans Affairs scandals have made headlines, as has the crisis level of posttraumatic stress disorder among veterans, which appears to have contributed to an epidemic of military suicides. There were 288 confirmed or suspected suicides among active-duty personnel in 2014, according to Department of Defense (DOD) statistics. These

deaths, along with fatalities from accidents, illness, friendly fire and homicides, are classified as “noncombat” or “nonhostile.” A 2010 Virginia Commonwealth University analysis of DOD data found that about 21 percent of the 5,790 military deaths in Afghanistan and Iraq since 2002 had been classified this way. But among those non-hostile deaths, 5 percent hang in limbo, listed as “undetermined” or “pending.”

The case of Pat Tillman, the NFL player who joined the Army after 9/11, is the most famous one in which the military concealed the true circumstances of a soldier’s death, the Army originally reporting that he died in combat and later acknowledging he was killed by friendly fire. But there are others. Today, according to estimates by MFFJ, there are at least 166 known cases of families who have questions about the deaths of their relatives.

Tracy Shue, a retired Air Force lieutenant colonel and nurse who cofounded MFFJ, says most families who challenge the military become so exhausted and traumatized by the struggle, they give up within two years. Which seems to be what the military hoped would happen to Kim Stahlman. “I think they thought that because I was petite and blonde and from the South, I was just going to go away,” she says.



KIMBERLY TYLER WALTERS was born and raised in Darlington, South Carolina, the second of Bob and Shirley Walters’s five children. Her father was a police officer. Money was so tight, her mother worked two jobs, as a receptionist and a teacher’s aide.

Her parents, she says, had a “turbulent relationship.” They divorced and remarried—and today live just a few miles from Stahlman, having moved nearby to help her after she was widowed. But that period when she was a girl was especially difficult. “I didn’t have much of a childhood,” she says. The first member of her immediate family to go to college, Stahlman wanted to become a criminal psychologist, she says, but soon decided “it wasn’t practical” and shifted her major to finance.

Michael Stahlman came from a different world. His father worked for the U.S. State Department. »

WALL OF BRASS
Stahlman was rebuffed, even shunned, after she challenged the military’s ruling about her husband’s death: “It was like I got leprosy.”





**THEY WERE LIKE THE THELMA AND LOUISE OF DEATH
INVESTIGATION. THEY COMBED THROUGH
MIKE'S JOURNAL. THEY IDENTIFIED THE NCIS'S WITNESSES,
A PAINSTAKING PROCESS OF
DECIPHERING HEAVILY REDACTED STATEMENTS.**



The youngest of three children, Mike grew up in India, Jordan, Panama and Chevy Chase, Maryland. That is where I knew him; our families were neighbors. Handsome, with penetrating gray eyes and a dazzling smile, he was the picture, my brother recalls, of “the classic all-American guy—really nice, very confident, *very* decent.” That description would be echoed, years later, by those who knew him in the military. He was, as one Marine would describe him to agents for the Naval Criminal Investigative Service (NCIS) after the shooting, “a breath of fresh air” and “a real solid guy.” “He had a sterling reputation,” says Colby Vokey, who was, like Mike, a Marine Corps lawyer, or judge advocate general (JAG). He was “not closed-minded, which kind of set him apart,” adds Vokey, noting that Mike was a triathlete. Before he died, he had been training for the Ironman.

Mike attended the U.S. Naval Academy in Annapolis, Maryland; did Marine basic training at Quantico, Virginia; then went to the naval flight-training school in Pensacola, Florida. He was visiting South Carolina in April 1987, for an air show, when he and Kim met in a nightclub. After a childhood with so much family stress, Stahlman says, she “never wanted to be married, never wanted children.” But when she met Mike, she “just *knew*.” They were married by a justice of the peace six months later.

The years and the towns flew by. Mike served as navigational officer on the Phantom RF 4B, the storied photo-reconnaissance jet. He went to law school in a program funded by the military, and then to the JAG school at the University of Virginia, where he also

taught criminal law. Mike “*loved* teaching,” says Stahlman, and he planned to return to it once he retired in 2011. He and Kim moved almost every other year while she finished her degree, worked in finance and office management, then got an M.Ed. in counseling. In Okinawa, Stahlman worked with the Marine Corps family advocacy office and set up its victim advocacy program. That was her first close look at the darker side of military life. She dealt with sexual-assault and spousal-abuse cases—“mostly rapes,” she says. “Marine on Marine.”

When her first child, MacKenna, was born in 1997, the family was posted at Camp Lejeune, North Carolina. The couple’s second child, Piper, was born in 2004, when they were stationed at Parris Island. Stahlman says she loved the Marine Corps. “I thought it was supportive; the wives were supportive. It’s just a completely different lifestyle. It’s hard, but it’s also a good life. I never had to worry about my husband being laid off. I loved the people. I got to go to a lot of places. Oh, I bitched about it; we all did. But I don’t think I would trade that experience. Ever. And I knew that Mike *loved* it.”



IN 2006, Mike was transferred to the Marine Corps Air Ground Combat Center in Twentynine Palms, California. Promoted to full colonel the next year, he was the staff judge advocate, or the general’s lawyer. It was an unusually busy time. “We had the Haditha war crimes [trials] going on,” Vokey recalls, referring to the killing of 24 unarmed Iraqi civilians, including children,

by a group of Marines. There were other trials, says Vokey, who was chief of the Marine Corps’s defense lawyers in the western U.S. before he retired in 2008. The base was also busy deploying people to Afghanistan and Iraq. “The only thing that Mike and I ever argued about was he didn’t spend enough time with the family,” says Stahlman.

Her husband asked to be sent to Iraq. He was eligible for retirement, but he had never been deployed in a combat zone. “I think that he felt like, If I retire as a colonel and I don’t do this, that’s a box I haven’t checked,” says Stahlman. “I could not say no.”

“You will see that with lots of Marines and soldiers,” says Vokey. War “is what you’ve been trained to do, and this is your opportunity.” Mike was appointed Multi National Force West Rule-of-Law Coordinator, helping to oversee the rebuilding of Iraq’s legal system. According to the complaint in a 2013 lawsuit Stahlman filed against the Defense Department, the Navy, the NCIS, the Marine Corps and the Armed Forces Medical Examiner (AFME), Mike oversaw dealings with U.S. and Iraqi detention facilities and “interactions” among Iraqi police, judges and prosecutors. He also “was involved in internal base criminal investigations.” These included cases of corruption involving American soldiers and contractors.

It was a difficult time for Mike to leave the family—which would be reflected in the email correspondence between the couple that NCIS investigators would later pull off the server and scrutinize. By the time they got to Twentynine Palms, Stahlman had begun to feel ill—everything hurt, “even my *skin*,” she recalls. She was eventually diagnosed with fibromyalgia and hemochromatosis, a blood disorder. And she suffered from blinding migraines, which ran in her family. Stahlman’s illnesses and medications would become part of the investigation after a former friend, another officer’s wife, told NCIS agents, in two spectacularly toxic interviews, that the couple had a “seriously dysfunctional marriage,” describing Kim as a self-centered, pill-popping woman who was barely able to cope. Although the Marine Command report on the shooting concluded that the couple’s emails did not reflect any exceptional marital discord, it was testimony like this, says Stahlman, that led investigators to believe that her ailments and “issues,” as one witness

described them, were partly what drove her husband to shoot himself: “They have basically given *me* as the reason.”



ON THE evening before the shooting, Mike called from Iraq. He spoke to his wife, his daughters and his nephews. He was coming home on leave in a month, in time for Piper’s fourth birthday, and everyone was excited. Ten-year-old MacKenna wanted her father to take her to the water park. He’d agreed. “I LOVE YOU SOOOO MUCH TOO!!! The water park sounds great,” he’d emailed her three days earlier. According to Stahlman, the call took place around 2 PM on the East Coast—9 PM in Iraq. Sometime between 9 and 10 that night, according to an NCIS witness statement, a Marine said Mike stopped to talk with him as he left his office. “He said he couldn’t wait to go on leave,” the statement said. “I specifically remember him saying he couldn’t wait to hug his kids. His demeanor that night was exactly like he always was.”

Mike was seen the next day, sometime between 4:30 and 5:35 AM, by another Marine. He stopped by the office, dressed in his work-out clothes, suggesting that he exercised that morning, as he usually did. He greeted that Marine, asked him how *his* home leave had been, then left. When Mike did not show up at 8:30 AM for a scheduled convoy to an Iraqi village, people were baffled. He was extremely punctual. A sergeant was sent to look for him at his quarters. He found the door to the trailer unlocked. According to this man’s statement, the lights were off, the air conditioning seemed to be on, and the sheet from the top bunk bed had been pulled down, like a curtain—something often done to keep out the light. There was blood on the floor. Lifting the sheet, the sergeant found Mike Stahlman lying on the lower bunk.

His head was tilted to the left. He was lying on his back, and according to one witness, his body was also leaning to the left, with the knees drawn slightly up. His left arm was twitching uncontrollably. His service pistol, a Beretta 9 mm, was lying on his left side, near—or just under—his waist, with the barrel neatly pointed toward his feet. He had been shot above the left temple, and the bullet had traveled down and forward, exiting near his right cheekbone. According to witness statements, on Mike’s right side, on the



A LIFE IN SERVICE From top: The Stahlmans at a U.S. Marine Corps ball in Camp Lejeune, 1997. A couple’s selfie taken while they explored Okinawa, circa 1995. At home on the Parris Island base, with daughters MacKenna (left) and Piper. Stahlman says the girls, now 18 and 11, have encouraged her to keep fighting for answers.

bed, was a Bible inscribed by his wife, “To Mike, From his girls,” and a keychain that held a photograph of Piper and MacKenna.

The presumption, from the moment he was discovered, was that Mike had tried to kill himself. The central evidence the military cited was the presence of his gun at his side, the match between the gun and a bullet that had gone through the wall of the trailer and into the housing unit next door, and the Bible and keychain next to him on the bed. As to motive, one report noted that although Mike had displayed no sign of depression, “no outward indication of stress” in Ramadi, he had seemed less easygoing than usual and “preoccupied” in the two or three days before the shooting. The Marine Command report concluded that he had become overworked as a result of staff reductions and, because he was “driven and disciplined,” he didn’t have anyone to turn to when “he started to feel lost and without hope for recovery,” although, as Stahlman points out, a senior officer subsequently asked to “clarify” his earlier statement to indicate that Mike was *not* unusually overworked.

There was also the email. At 5:29 the morning of the shooting, an email was sent from Mike’s account: “Kim, sorry about what you are about the [sic] find out. I love you and always will. You and the girls are the best thing that ever happened to me. Love, Mike.” But the computer logs gathered by the NCIS were confusing, indicating that the email was time-stamped after the sender had logged off. According to Stahlman’s April 2015 petition to the Board for Corrections of Naval Records (BCNR) requesting that the suicide ruling be overturned, whether Mike “sent the email is itself in doubt.”

Stahlman had always suspected something was wrong in the official account. Mike was right-handed, as she told the Marine who called that morning, before she collapsed and her father took the phone from her hand. She was at Mike’s bedside at Bethesda Naval when she first told the NCIS that she wanted the agency to “preserve everything” because she was going to commission her own investigation. The bedding, in particular, was critical evidence. But as she would later learn, the blood-soaked sheets, pillows and mattress were destroyed within 48 hours of the shooting. Other odd details would come to light. An unidentified silky white cloth, apparently with

CONTINUED ON PAGE 118



6 health advances that could lengthen your life

These innovations sound like science fiction (print-on-demand replacement organs, anyone?). But they're real, they're in testing, and they'll change your future **BY ARLENE WEINTRAUB**

START hoarding birthday candles—the life expectancy of American women is on the rise. And some of the credit goes to research that's rapidly increasing our knowledge of how genes operate in the human body. For example, thanks in part to treatments that can be tailored to patients' individual genetic profiles, death rates for women with lung and colon cancer have been declining over the last 20 years. This past January, President Obama gave a boost to such genetically targeted therapies—a field known as personalized or precision medicine—by launching the

Precision Medicine Initiative, which will allocate \$215 million in federal money for research. Scientists are also making huge strides with other types of treatments that are helping to thwart diabetes, heart failure and other conditions. The result? By 2050, American women are predicted to survive until they are 89 to 93 years old, according to the MacArthur Research Network on an Aging Society, compared with the current average of 81.

What follows: Six cutting-edge medical developments that promise to revolutionize women's health care and add years to your life.

CANCER-KILLING IMMUNE CELLS

Drugs that prompt the immune system to attack cancer—an approach known as immunotherapy—have improved the prognosis for patients suffering from several tumor types, including melanoma and lung cancer. But what if an oncologist could cure cancer using your own immune cells, extracted from your blood and then re-engineered into tumor-killing machines? This is rapidly becoming reality and could prove a huge benefit to cancer sufferers,

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including the 292,000-plus women diagnosed with breast cancer each year.

These treatments involve inserting a manufactured molecule into the DNA of T-cells, a kind of immune cell that destroys foreign invaders such as viruses. Normally, T-cells don't recognize tumors as unwanted invaders because cancer cells look very much like normal cells. "This new molecule fools the T-cells into thinking that your cancer cells have a virus or infection that should be attacked," explains Richard Paul Junghans, PhD, MD, director of the biotherapeutics development lab at Tufts University. Once injected into your body, the designer T-cells, called chimeric antigen receptor T-cells (CAR-Ts), can recognize specific tumor markers found on the surface of cancer cells, bind to those markers and then kill the cancer cells. Since CAR-Ts have the potential to replicate in the body, they can continue to hunt down and eliminate cancer cells until the disease is eradicated.

CAR-Ts are already in late-stage development for the treatment of blood cancers such as leukemia and lymphoma, and some studies

targets HER2-positive breast tumors, was nearly five years—an impressive improvement. The T-cells may work even better when they're combined with other treatments, including chemo drugs that failed to help patients in the past, says Lum.

PRINT-ON-DEMAND ORGANS

KENTUCKY researcher Stuart Williams, PhD, speculates that in less than 10 years, anyone whose heart is failing will be able to get a new one created from his or her own fat cells. Williams, director of the bioficial organs program at the University of Louisville and Jewish Hospital Cardiovascular Innovation Institute, first extracted stem cells—the body's precursor cells that can form into any organ or tissue—from fat. Then he figured out how to coax them into becoming each of the three vital cell types in the heart: those that cause it to contract, conduct electricity and make blood vessels. Ultimately he hopes to construct a heart

late-stage human testing. His laboratory is also working with stem cells from kidneys and is developing a full 3D-printed version of those organs. "By using patients' own cells, we can avoid the challenges of rejection that come with transplants," Atala says. And, he adds, since the demand for transplant organs is always much higher than the supply, these manufactured products "can alleviate some of the shortages."

MORE EFFECTIVE FLU VACCINE

LAST year millions of Americans dutifully followed the advice of their doctors and got a flu shot—only to contract the disease a few months later. This happened because the vaccine, formulated months before flu season, became virtually useless after one of the three virus strains in the vaccine mutated. While flu viruses often mutate in smaller or larger degrees, the technology used by vaccine manufacturers is complex and largely inflexible, so it cannot quickly adapt to the alterations.

That could change in the near future because of an emerging technology called DNA vaccination. Instead of immunizing patients with weakened versions of viruses, these shots deliver engineered DNA that's programmed to recognize a flu antigen—a protein that the virus itself always makes, even when it mutates. Your immune system recognizes the antigen as a foreign invader and builds up antibodies against the pathogen that will continue to prevent it from spreading through the body and causing the disease.

"You're targeting the virus's Achilles' heel—a protein sequence that's not variable," says Colonel Dan Wattendorf, MD, a program manager at the Defense Advanced Research Projects Agency (DARPA), a U.S. government agency that is researching rapid-response options to the spread of infectious diseases. "You end up with antibodies that work against many, many strains of the illness."

Other DNA vaccines in the pipeline include ones for Ebola, HIV and hepatitis. DARPA, working with the biotech company Inovio, started human trials of an Ebola vaccine in May. Inovio, DARPA and several academic research groups are developing universal flu vaccines and expect human testing to begin within two years. »



Electronic noses, designed to **detect the subtle changes in breath chemistry that occur with cancer** patients, are showing promising results. They could someday be used to complement mammography.



have reported remission rates of more than 90 percent. A handful of scientists are also developing CAR-Ts to treat solid tumors. For instance, Junghans is working on CAR-Ts engineered to recognize a specific protein called carcinoembryonic antigen, which is found in 30 to 60 percent of breast tumors.

In addition, Lawrence G. Lum, MD, DSc, a medical scientist at the Barbara Ann Karmanos Cancer Institute in Detroit, is arming T-cells with antibodies targeting the HER2 protein, which is found at abnormally high rates in about 20 percent of breast cancers. In an early trial with 23 breast cancer patients, the median overall survival among HER2-positive women who had failed to respond to Herceptin, the treatment that

from a three-dimensional printer that can create solid objects designed on a computer. The printer would be able to place the cells into a multilayer replica of the heart, in essence printing an entire replacement organ.

Replacement bladders made from living cells are already in the testing stage: Scientists at the Wake Forest University Institute for Regenerative Medicine constructed these organs using stem cells and other tissues taken from patients. The institute's director, Anthony Atala, MD, says the process of creating the essential cell-based materials has improved to the point where an entire replacement bladder can be built in six weeks. Atala's bladders, engineered by hand as a precursor to being printed, are in

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EARLIER OVARIAN-CANCER DETECTION

EIGHTY-FIVE percent of women who are stricken with ovarian cancer are diagnosed when the disease is difficult to cure because it has already spread beyond their ovaries. Researchers are looking for ways to identify ovarian tumors at an earlier stage.

Scientists in the U.S. and the U.K. are testing a screening method that measures CA-125, a protein found in high levels in the blood of ovarian-cancer patients. This protein is often used as a tracking marker to indicate how women who have already been diagnosed with ovarian cancer are responding to treatment. Scientists had long believed that elevated levels of CA-125 might be an early warning sign of ovarian cancer, but because amounts of the protein vary widely in women, they couldn't figure out how to use this marker as a screening method.

The new experimental test, designed for healthy postmenopausal women, measures a baseline level of CA-125 in each patient, then tracks the level over time and compares it with what's found in patients who

either did or did not develop ovarian cancer. Any patient who shows an elevation of CA-125 that mirrors that of women who typically develop the disease would be sent for an ultrasound for a closer look at her ovaries.

A British study released in June suggests that this kind of CA-125 test can detect cancers that wouldn't otherwise be found, says Karen Lu, MD, a professor and gynecologist at the University of Texas MD Anderson Cancer Center who is associated with an American trial of the screening process. In that American trial, the test failed to detect borderline cancers in just two of the more than 4,000 women participating. However, Lu notes, it's still not clear if the CA-125 test picks up ovarian cancer at a stage early enough to save lives—a question that may be answered soon when the U.K. researchers release data on survival rates.

Lu is now working on expanding the algorithm to include other markers, such as the protein HE4, which is elevated in patients with ovarian cancer. In addition, several research groups around the world are looking into a blood test known as cell-free DNA, which checks for circulating DNA

from cancer cells—genetic material in the blood that may have been released from dying tumors. The test could provide an early signal of trouble, leading to further investigation of the ovaries.

SMELL TEST FOR TUMORS

IN 1989 the British medical journal *The Lancet* published a letter from two London physicians about a 44-year-old woman whose melanoma had been detected by her dog. The pet, a Doberman–Border collie mix, kept sniffing at the same mole on her leg until she decided to have it checked out. That single report sent scientists around the world on a mission to prove that dogs can sniff cancer—and to turn that remarkable ability into diagnostic devices that imitate the canine sense of smell. The goal is to diagnose cancer in earlier stages than is now normally possible.

Electronic noses, designed to detect the subtle changes in breath chemistry that occur with cancer patients, are showing promising results. In 2014 researchers in the U.S. and the Netherlands published a study of a six-minute breath test performed on 244 women who had undergone either a mammography or a breast biopsy. The breath test identified the women who had breast cancer with 79 percent accuracy.

Michael Phillips, MD, a professor of medicine at New York Medical College and an inventor of the breath-testing technology, believes the electronic nose could someday be used to complement mammography, which has similar overall accuracy rates but can generate inaccurate results in some women, including those under 50 and those with dense breasts. A quick breath test during an annual physical could also catch cases of cancer that are being missed. For instance, more than 25 percent of women age 40 and over don't get annual mammograms, according to the Centers for Disease Control and Prevention. "If you used the two tests in combination, you'd get a much higher degree of accuracy than you'd get with either test used alone," Phillips notes.

There are already breath tests on the market to detect inflammatory conditions in the gastrointestinal tract, including the presence of the ulcer-inducing bacteria

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DRUGS WITH DOUBLE BENEFITS

FOR TYPE 2 diabetics, one of the best ways to control blood sugar (and avoid complications like heart failure) is to drop some pounds. That's why physicians are so excited by two new, already available classes of medications that promote weight loss and blood sugar control at the same time.

About five years ago, long-acting, glucagon-like peptide-1 (GLP1) receptor agonists hit the market. They increase the body's production of insulin in response to rising blood sugar while causing the stomach to empty more slowly, which helps patients feel full and eat less. A second type of drug, available since 2013, is called sodium-dependent glucose cotransporter 2 (SGLT2) inhibitors; these work in the kidneys and prevent the body from reabsorbing glucose. Some sugar is eliminated via urine, likely helping patients lose weight.

In clinical trials, patients taking either of the drugs lost up to 13 pounds in a year. That may not sound like much, but dropping as little as 10 pounds helps control glucose, blood pressure and cholesterol, says Sethu Reddy, MD, chief of the adult diabetes section at the Joslin Diabetes Center in Boston. Several of Reddy's type 2 diabetes patients have improved so dramatically, they've been able to stop injecting insulin.

"Twenty years ago, the only drugs available to treat diabetes were associated with patients gaining weight," says John Buse, MD, PhD, chief of the division of endocrinology at the University of North Carolina School of Medicine. "Now we have several drugs that are clearly associated with weight loss. In my practice, many people with diabetes are losing weight for the first time in their lives."

Helicobacter pylori. In 2013 scientists at the Technion-Israel Institute of Technology led a study showing that a test they had developed could distinguish between patients who had gastric cancer and those who had more benign conditions, with accuracy rates exceeding 80 percent. That's important, because gastric cancer produces no symptoms until it has already spread and is difficult to treat, and the only reliable way to detect the disease is with endoscopy, an invasive test. The research group has achieved similar results in other tumor types, and it is looking for commercial partners to help bring its tests into late-stage clinical trials.

Using tissue and blood samples that AstraZeneca has collected from patients over 12 years, the institute will identify regions of DNA that either predispose people to heart disease and diabetes or predict how patients will respond to certain treatments.

Gaining a better understanding of which patients respond best to certain drugs could greatly extend lives, says Jean-Claude Tardif, MD, a cardiologist at the Montreal Heart Institute. Scientists on his team showed that recently when they mapped the genomes of all the patients who had taken part in a clinical trial for a cholesterol drug called dalcetrapib. The overall results of that trial made



The overall results of a trial made one drug seem ineffective. But a new analysis **identified a subset of patients who responded so well** that their risk of dying or suffering a heart attack dropped by 39 percent.



Hossam Haick, PhD, a professor of chemical engineering and nanotechnology at the Technion, predicts breath testing will prove especially important for screening patients who are healthy but at high risk for cancer either because of their family history or because they've recovered from the disease and are being monitored for recurrences. "We can use breath tests to discriminate between healthy cells and premalignant cells," Haick says. "If people at high risk can be periodically monitored with breath analysis and other techniques, finding cancer at its earliest stages becomes possible."

PRECISION MEDICINE FOR HEART DISEASE

IN the past decade, breakthroughs in genetically targeted medicine have revolutionized the treatment of cancer care. Now researchers are turning to other kinds of diseases.

In May the Montreal Heart Institute in Canada joined up with the drugmaker AstraZeneca to search for genes associated with cardiovascular disease and diabetes.

the drug seem ineffective. But a new analysis identified a subset of patients with a specific genetic profile who responded so well to the drug that their risk of dying or suffering a heart attack dropped by 39 percent—"an extraordinary benefit," Tardif says.

In contrast, people who had the wrong genetic profile faced a 27 percent increased risk of dying while taking the drug. The original producer of dalcetrapib had shelved it but later licensed it to a company that is partnering with the Montreal Heart Institute to complete additional trials. The plan is to develop a genetic test that identifies the patients most likely to respond.

Geoffrey Ginsburg, MD, PhD, director of the Center for Applied Genomics & Precision Medicine at the Duke University School of Medicine, predicts the burgeoning support for precision medicine will generate hundreds of ways to keep patients healthy. "We now have a growing toolbox that's enabling medicine to be more precise," he says. ☉

ARLENE WEINTRAUB is the author of *Heal: The Vital Role of Dogs in the Search for Cancer Cures*. @ArleneWeintraub

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HEALTH

WELL-BEING

3 WAYS TO ...

Chill out

'TIS the season to feel harried. Here are three novel techniques to help you de-stress

1

Try an adult coloring book

THESE books are composed of black-and-white outlines of patterns (such as flowers) that you usually fill in with colored pens or markers. Two adult coloring books are among the top 10 best sellers on Amazon, and finished, colored-in pages are trending on Pinterest and Instagram. Psychologists say coloring within lines can put you in a relaxed, meditative state. "This activity encourages mindfulness—being in the present moment rather than in the future or past," says Martine Faist, an art therapist in Indianapolis.

2

Learn Acem meditation

UNLIKE other forms of meditation, which ask you to empty your mind, Acem doesn't require strict focus. Thoughts and impressions are allowed to come and go freely, which makes this Norwegian version much easier for some people. A great deal of research around the world has shown that meditation, in a wide range of styles, reduces cortisol (a stress hormone), strengthens the immune system and may prevent heart disease. Learn more about Acem meditation at us.acem.com.

3

Relax in a sensory-deprivation tank

FLOAT TANKS, developed by psychiatrist John C. Lilly in the 1950s, are making a comeback. Lying on your back in a warm, soundproof tank of salt-saturated water has been shown to decrease anxiety, and regular sessions reduce cortisol levels, according to research at the Medical College of Ohio. This lower level of physiological arousal "has beneficial effects for any condition that's worsened by stress," says Tamara Russell, PhD, director of the Mindfulness Centre of Excellence in London and author of *Mindfulness in Motion*. That's partly why floating has been connected to reduced head, back, neck and joint pain. Find a tank center near you at flotationlocations.com. —HANNAH WALLACE

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YOU can help keep your pup's weight in check by boosting his exercise, and a handful of new wearable devices make monitoring his fitness level a cinch. FitBark's cute bone-shaped monitor (\$100; fitbark.com), worn around the collar, tracks your dog's activity (and inactivity) and uploads the info to your smartphone. If by 4 PM your dog has mostly lain on the floor, you'll get a friendly alert: "Your dog only reached 30 percent of his daily goal—maybe it's time for a walk." The Whistle GPS Pet Tracker (\$80; whistle.com) is similar but adds GPS tracking that lets you know if your pet leaves a preprogrammed safe zone; it also provides his exact location. —H.W.

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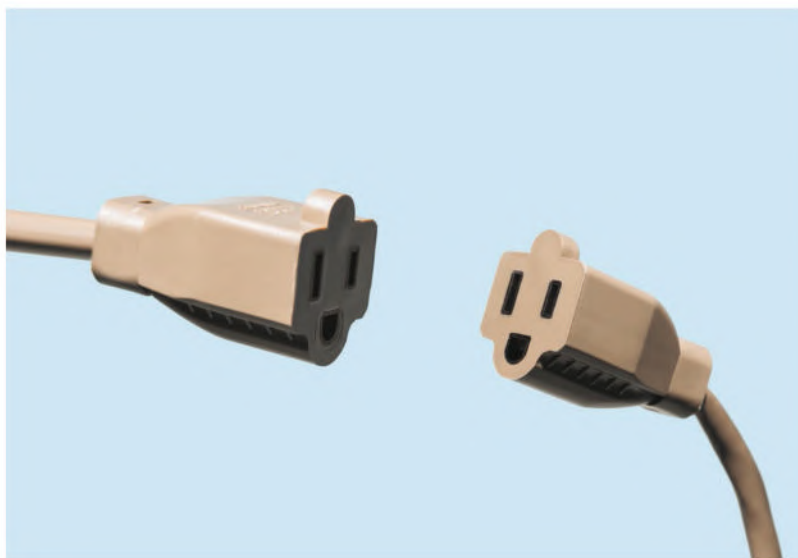
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CARNAL KNOWLEDGE



Q: I've completely lost interest in sex, which really bothers my partner. I've heard there's a new drug for women with low sex drive. Could it help me?

A: The drug, Addyi (flibanserin), was approved by the FDA this August to treat premenopausal women for acquired, generalized hypoactive sexual desire disorder (HSDD). *Hypoactive sexual desire disorder* refers to a low level of sexual desire that causes a woman distress; the words *acquired* and *generalized* indicate that the condition is not the result of relationship problems, medications or medical and psychiatric conditions. Up to 10 percent of American women may suffer from this very hard-to-treat condition. In studies, women who took Addyi reported an increase of about one more "sexually satisfying" encounter every month and a modest increase in desire. "For some women who have been struggling with HSDD, Addyi may greatly enhance their lives," says Holly L. Thacker, MD, director of the Cleveland Clinic Center for Specialized Women's Health. Still, Addyi, which is taken daily, poses some risks: If you drink alcohol or take some medications while on the drug, you may experience severe low blood pressure and fainting. Only you and your doctor can decide if the pluses outweigh the minuses.

Q: I'm a straight woman who has been in relationships only with men, but I often have sexual fantasies involving other women. Is this normal?

A: These kinds of fantasies are very common: One report published online in the *Journal of Sex Research* found that a third of women studied had imagined a female-on-female coupling. What do these internal movies mean? "Sexual fantasies have very little to do with an individual's orientation," says Sallie Foley, a certified sex educator who is director of the University of Michigan Sexual Health Certificate program. "What fantasizing does is let you think of possibilities and all the pleasure that comes with those possibilities. It does not imply that you want to act on what you're imagining," Foley, coauthor of *Sex Matters for Women: A Complete Guide to Taking Care of Your Sexual Self*, speculates that some straight women fantasize about same-sex encounters because the idea of exploring something taboo can seem erotic. Also, women-with-women imagery appears frequently in the media today, and those pictures can spark a "what if I tried that" type fantasy, she suggests. And just for the record: A Canadian study found that men have a stronger desire than women to make their fantasies happen.

Q: My new partner's penis is very large, and this causes some discomfort when we have sex. Are there any positions that would make me more comfortable?

A: The average erect penis measures 5.6 inches but can be as large as slightly over 10 inches. "For some women, a man really can be too big," says Los Angeles sexologist Emily Morse. In these cases, avoid rear-entry (doggy style) intercourse, since this offers the deepest possible penetration. What's better: the missionary position (man on top). Don't put your legs over his shoulders, which causes your partner's penis to go farther inside you. Another option is for you to get on top, which gives you control of the angle, depth and frequency of penetration. Also consider spooning: The woman lies on one side with her back against the front of her partner's body and lifts her top. Penetration will not be deep, but this position is very "cuddly, intimate and stimulating," says Morse, founder of SexwithEmily.com.

—WRITTEN BY JOAN RAYMOND

GOT A QUESTION ABOUT SEX?

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THE WIDOW'S WAR

CONTINUED FROM PAGE 105 blood spatter and gunshot residue on it, was found near the bed. Mike's helmet bag, which he used as his briefcase, was missing. His hands were not tested for gunshot residue, which would have indicated whether he'd fired the gun. The Bible and keychain were never tested for fingerprints. The gun, the bullet casing and the bullet that had gone through the wall were eventually tested, but "no latent prints suitable for identification" were found.

Harking back to her college days, when she was still studying criminal psychology, Stahlman spent the months after Mike's death poring over forensics texts. With the help of her father, the retired cop, she tried to recreate the shooting; at one point, she stood in the field behind her parents' house and fired a Beretta 9 mm through a pig's head, to see if it would emerge intact, as did the bullet that NCIS said had gone through Mike's skull and then the wall of his bunk. "Couldn't do it," says Bob Walters. Stahlman has been shooting since childhood. She says she understood how difficult it would have been—just given the length of a Beretta's barrel—for Mike to shoot himself in the temple with his non-dominant hand. It is possible but rare: About 8 percent of suicides do so, according to one 2007 pathology text and an older study the NCIS itself cited in an internal document. And shooting oneself in the left temple with one's nondominant hand happens even more rarely, according to a 2012 study.

What stunned Stahlman was how soon after Mike's death people turned their backs on her. The wives who had once been friends stopped returning her calls. Even the JAGs, Mike's colleagues, avoided her. Only retired ones like Colby Vokey stepped forward. "It was like I got leprosy," she says.

"There is a hierarchy of grief," says Cilla McCain, a close friend of Stahlman's and a cofounder of MFFJ. And suicides—considered "dishonorable" by many in the military, according to Tracy Shue—lie at the bottom. But as McCain would later hear from Mike's fellow soldiers at Ramadi, NCIS agents had suggested to some people that he was distraught because his wife was going to leave him—which Stahlman says was untrue. But it provided another reason for her to be shunned. "That bitch drove a fine Marine to kill himself," one former officer told McCain.

"My savior," Stahlman calls McCain, who

is the author of the 2010 book *Murder in Baker Company*, about the killing of an Army private by fellow soldiers. The two women met several months after Mike's death, in an online forum for military families similarly seeking answers. They decided to work together on a book about Mike, tentatively titled *A Non Hostile Incident*.

With McCain on board, Stahlman's campaign went into high gear. They were like the Thelma and Louise of death investigation. They spoke every day, scoured witness statements, traveled to Washington, talked to lawyers, combed through Mike's journal and his legal cases. They identified the NCIS's witnesses, a painstaking process of deciphering heavily redacted statements, and McCain started calling them. "A lot of people would talk to me who would not speak to Kim," says McCain, "because no one wants to make a widow cry, especially men."

In early 2011, Stahlman got the first independent confirmation that Mike's death may not have been a suicide. Michael S. Maloney, a retired senior forensic consultant and NCIS special agent, had offered to review the NCIS's report—pro bono—"to help bring her closure," he says. Maloney, who had also been a government expert witness in the Haditha trials, was almost certain that Mike had committed suicide, and his initial review of the evidence suggested that while it would have been difficult for him to shoot himself, it was possible. But Maloney also noticed that photographs of the shooting scene that should have been included with the documents Stahlman received in response to her Freedom of Information Act requests weren't there. He helped her refile her request. What she got several months later were almost 200 digital images, which Maloney would break apart, pixel by pixel, to analyze for blood spatter, bullet trajectory and "anomalies" at the scene. What Maloney concluded, after nearly a year of analysis, was that there were "clear indications that this crime scene was staged," he says.

Perhaps the most dramatic aspect of his analysis involved blood spatter. Maloney saw from the photographs that it was present on Mike's bedside table. If the sheet had indeed been hanging down from the upper bunk—as it was when he was discovered—it would have been between Mike and the table when the bullet entered Mike's head. And

it should have been marked with spatter on the side facing Mike. But it wasn't. The blood spatter was on the *other* side of the sheet, suggesting that the sheet had been tucked under the bunk above—the blood spattering upward onto it when Mike was shot—and then lowered afterward. Also a shooting-reconstruction expert, Maloney discovered that the path the blood had taken was not aligned with the trajectory of the bullet that had gone through the wall. This suggests, he says, that two bullets were fired: one that penetrated the wall and one that passed through Mike's skull and lodged in the mattress. Which had been destroyed by NCIS agents before it could be examined. According to their statement, this was done on orders of the base "command" on the grounds that the bedding was "contaminated."

It was Maloney's analysis that convinced Colby Vokey, for one, that Mike had not shot himself. Stuart Bowen had not needed as much persuading when Stahlman called him to ask for help in 2011. "This was not the first questionable suicide that I had run into," he says, referring to the 2005 death in Iraq of Army Colonel Theodore Westhusing, whose case bears some striking similarities to Mike's. But it was Maloney's report that strengthened the former special inspector generals' belief that Mike Stahlman did not commit suicide, and raised the possibility, says Bowen, that "he may have been murdered."

Yet no one in the military seemed to want to hear the evidence. Stahlman's call to the Armed Forces Medical Examiner in the spring of 2011 asking for a meeting to discuss Maloney's findings set off a flurry of emails at NCIS belittling both Maloney and Stahlman. One called her a "wife who now believes/pretends [she had] a storybook marriage."

That June three pathologists from the AFME did look at Maloney's report and dismissed it in a two-and-a-half-page memo that ignored Maloney's blood-spatter analysis, among other issues. "Many of the findings have multiple possible interpretations and it is not possible for anyone who did not actually witness the event to opine with certainty on a specific scenario," the report concluded. Despite this remarkable acknowledgment of how difficult it was to nail down exactly what had happened in Mike's bunk that day, the AFME reaffirmed the suicide ruling.

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Late in 2011, Stahlman was finally invited to meet with the senior officials at NCIS. She traveled to Washington with her father. Maloney joined them, flying in from Kansas, prepared to present his findings at NCIS's headquarters in Quantico. But shortly before the appointed time, Stahlman was informed that NCIS would not permit Maloney to attend the meeting. She was also told she could not bring her attorney. Only her father would be allowed to accompany her. "We walked in," Stahlman recalls, "me and my dad, and there were seven of them," including a two-star general. As her father relates, Stahlman kept asking for a copy of every test that the officials said they had performed but which she had never seen. She got nowhere. "I said, 'Kim, don't you think we've heard enough of this bullshit?'" recalls Bob Walters. "Let's go." And they walked out.



FOR KIM STAHLMAN, at this point, there is no question that her husband was murdered. Like Stuart Bowen and Colby Vokey, she believes he may have been killed because of something he uncovered. Mike, says Bowen, was working in Anbar province, one of the most dangerous places in Iraq in 2008. "Corruption was widespread, and that was something he knew about," says Bowen. "Mike had raised some concerns in his notes about [it]. And I'm sure he raised questions."

Whether the government investigation was careless, incompetent or deliberately a cover-up is not clear. What seems plain is that the military took the easy way out. "Suicide clears the books," Shue speculates. "It's easier than a homicide for the command." Asked to comment about such details as the missing helmet bag and the absence of fingerprint tests on the Bible and keychain, as well as the reasons Mike's bedding was destroyed before it was examined, the NCIS declined. As for Maloney's forensic analysis, an NCIS spokesman told *More* it was "conclusively disproved by [NCIS's] exhaustive analysis of the evidence," and he reiterated the agency's conclusion that Michael Stahlman had died of a "self-inflicted wound."

That suicide ruling is a "manifest injustice," according to Stahlman's filing to the BCNR. She is asking to have it overturned

and for a "swift, thorough and competent investigation" of Mike's death, says her lawyer, Paul Kiyonaga, adding that if the ruling doesn't go in her favor, they will "pursue every available avenue for legal redress."

Wherever that battle takes her, Stahlman will continue her work with Military Families for Justice. The organization is trying to get legislation passed that would give families a forum in which to hear, and challenge, the military's findings in death investigations. MFFJ also acts as a source of information for families, who often have no idea what action to take. Stahlman would like to create a fund and a network of expert volunteers to help relatives with costs and legal and forensic advice. "I know Mike would want me to be of service, and I think it would be in something dealing with helping the military be a better place," she says.

Even now, seven years later, Kim Stahlman still finds herself looking into crowds, at runners or bicyclists, expecting to see him. "Mike loved the Marine Corps so much," she says, her eyes brimming. "And I feel like they just threw him away." ●

SUZANNA ANDREWS is a contributing editor at *More* and *Vanity Fair*. She is based in New York.

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More® (ISSN 1094-7868), December 2015/January 2016, vol. 18, no. 10, published 10 times a year in February, March, April, May, June, July/August, September, October, November and December/January by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Subscription prices, U.S. and possessions, 1 year \$20; Canada, 1 year \$30; all other countries, \$30. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to *MORE* Magazine, P.O. Box 37508, Boone, IA 50037-0508. Canada post publications mail sales product agreement no. 40069223. Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to *MORE*, 2835 Kew Drive, Windsor, ON, N8T 3B7. © Meredith Corporation 2015. All rights reserved. Printed in the U.S.A.

ANNIE YOUNG-SCRIVNER, 47

**PRESIDENT OF TEAVANA
AND EVP OF GLOBAL TEA, STARBUCKS
ON THE BUSINESS OF BREWING,
EXPLORATORY EATING AND WHY SHE
PUTS TEA ON HER FACE**

ON HER DEAL-MAKING DNA “My parents came to America when I was seven years old. My brother would have had many opportunities in Asia; my parents left so I could have the same ones. I knew at 10 I wanted to be in business. As I grew up, my family started a few companies—a Mongolian grill, a skateboard shop, a leather store—with varying levels of success. What stuck with me was their entrepreneurial spirit and pride.”

ON SHARING THE WEALTH “Starbucks was one of the first companies to provide health insurance to every employee, and now we offer staff scholarships toward on-line degrees at Arizona State University.”

ON HER ADVENTUROUS APPETITE “You can learn about history through food. Western China is very hot, and the food is spicy. The spice is said to help you sweat out toxins. In Shanghai the food is oilier and sweeter, because oil and sugar used to be considered luxuries there.”

ON HER “LEAD PARENT” HUSBAND “I wouldn’t be where I am without Scott. When we had our son, we tried every child-care arrangement before we decided it would be best for one of us to stay home. It’s different for every family, but he was the better stay-at-home parent.”

ON HER CAFFEINATED BEAUTY TRICK “I whisk a little green matcha [\$45; teavana.com] with water and apply it to my face. If you leave it on for 20 minutes, you will actually feel your skin tightening.”

ON AGE AMNESIA “Sometimes I forget how old I am. I’ve lied about it to my kids—then I can’t remember my actual age.” ☉

A close-up photograph of a woman's back and shoulders. She has long, dark, wavy hair. Her hands are raised, resting on her shoulders. She is wearing a wide, gold cuff bracelet on her left wrist, which features intricate, dark, carved patterns. She is wearing a dark, possibly black, strapless dress. The background is a soft, out-of-focus light blue and white.

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